

THE

GATEWAY

THE UNIVERSITY OF NEBRASKA AT OMAHA'S STUDENT NEWSPAPER SINCE 1913

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PRIZE WINNING
NEWSPAPER
2005
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UNO grads celebrate commencement

ANGI SADA
NEWS EDITOR

A total of 960 students received degrees last semester, with 575 of them walking down in the processional at the Civic Auditorium on Dec. 16, 2005.

The afternoon ceremony brought the new alums down the aisle to "Pomp and Circumstance," and culminated the years of learning with the traditional tossing of mortarboards.

Dan Kenny, senior Web architect in Information Technology Services, received the Chancellor's Medal for his work, including the implementation of the E-BRUNO system. Kenny became a part of the ITS staff in 1993 and has served in various positions, including ITS manager.

Omaha businessman Harlan Noddle was posthumously honored with the Order of the Tower, UNO's highest non-academic honor.

Paige Mulhollan received an honorary doctorate of humane letters, joining the ranks of Afghan president Hamid Karzai and Oscar-winning screenwriter and director Alexander Payne, an Omaha native. Mulhollan was instrumental in establishing the "metropolitan university" format to which UNO subscribes.



Graduates wait their turn to walk across the stage at the winter commencement ceremony at the Civic Auditorium.

photo by Michelle Bishop

Union Pacific director James Young received the UNO Alumni Association's Citation for Alumnus Achievement.

Young has served in many different positions at UP including president and chief operating officer.

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UNO I.D.

Web site allows easy access to MavCard account

SCOTT STEWART
SENIOR STAFF WRITER / SYSTEMS MANAGER

Starting this semester, students will now be able to add money to their UNO MavCards via the Internet.

"We just, in the first week in December, launched our new Web site. It's the convenience factor," said Mary Dobrauc, MavCard Services representative.

The MavCard's new Web site will allow students to register their MavCard, view past transactions, make deposits using a credit card and grant access to other people—such as their parents.

"We do have a lot of parents calling in with credit cards and sending in checks," Dobrauc said.

Students have been making purchases using their MavCard since fall 2004. Most commonly, swiping a MavCard is the method used to pay for printing in most computer labs on campus.

"You can use it in the vending machines,

See MAVCARD: Page 3

New billing methods to cut costs

SCOTT STEWART
SENIOR STAFF WRITER / SYSTEMS MANAGER

If you are waiting for this semester's tuition bill to arrive in the mail, don't hold your breath.

Cashiering/Student Accounts will be sending this semester's bills electronically as a part of its new e-billing program.

"This is an idea that's been played around with for a couple of years," said Tammy Goldsberry, manager of Cashiering/Student Accounts. "Lincoln started last fall. Since Lincoln was successful, we could go forth with our efforts."

The switch was primarily motivated by an effort to making billing more economic in the face of budget cuts, since offering e-billing will drastically reduce postage and printing costs.

"I am hoping students aren't surprised by it. For the most part, we think we've tried to advertise it as much as possible,"

Goldsberry said.

Notices will be sent to students via their Lotus Notes e-mail accounts, which are accessible at mymail.unomaha.edu. Additional reminders are also likely to be sent to that e-mail address.

"There's only one e-mail address available to us at this point. The general consensus is that you should be looking at your [school] e-mail account. There are so many things we rely on with the student e-mail accounts," Goldsberry said.

Students are also able to opt-out of this program, but doing so requires logging in to E-BRUNO and making the proper selection in the Billing Account Maintenance menu.

"There will always be people who don't want this option," Goldsberry said.

Bret Blackman, the director of Administrative Computing, said the installation of the new system went "pretty smoothly."

See BILLING: Page 2



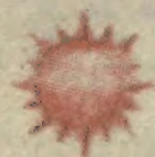
Happy
New
Year!

Fireworks light up the sky as part of the ConAgra foods fireworks display on New Years Eve.

photo by Michelle Bishop

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Mostly Sunny
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Campus Crime Log

COMPILED BY COLLEEN O'DOHERTY
STAFF WRITER

Sunday, Nov. 20, 2005

7:50 a.m. Student reported theft of personal property from vehicle parked in Lot 9. Incident occurred between 9 p.m. Saturday, Nov. 19, 2005 and 7:15 a.m. Sunday, Nov. 20, 2005.

Monday, Nov. 21, 2005

1 p.m. Student reported theft of personal property from their vehicle parked at Saint Margaret Mary's. Incident occurred Wednesday, Nov. 16, 2005 between 8 a.m. and 4 p.m.

2:18 p.m. Student reported vandalizing to their vehicle parked at Saint Margaret Mary's. Incident occurred between 9 a.m. and 2:18 p.m.

3:30 p.m. Student reported theft of personal property from University Library. Incident occurred between 1 p.m. and 3 p.m.

3:35 p.m. Student reported theft of personal property from University Library. Incident occurred between 1 p.m. and 3 p.m.

3:30 p.m. Student reported vandalizing to their vehicle parked at First Christian Church. Incident occurred between 8 a.m. and 3:40 p.m.

Tuesday, Nov. 22, 2005

1:45 a.m. Staff member reported theft of personal property from the HPER building.

3:55 p.m. Student reported their vehicle was vandalized at Saint Margaret Mary's Church parking lot. Incident

occurred between 7:45 a.m. and 3:55 p.m.

4:15 p.m. Staff member reported fraudulent purchase on a University purchase card.

Wednesday, Nov. 23, 2005

12:24 p.m. Student reported the theft of personal property from Strauss Performing Arts Center. Incident occurred Saturday, Nov. 19, 2005 between 12 p.m. and 3 p.m.

2 p.m. Student reported the theft of personal property from Straus Performing Arts Center. The incident occurred between 12:30 p.m. and 12:35 p.m.

Monday, Nov. 28, 2005

1:18 p.m. Campus Security dispatched to a suspicious persons report. Suspect was witnessed in Milo Bail Student Center and in Arts and Sciences Hall.

Tuesday, Nov. 29, 2005

10:07 a.m. Staff member reported a theft of personal property from Kayser Hall. Incident occurred Tuesday, Nov. 22, 2005 between 11 a.m. and 12 p.m.

Wednesday, Nov. 30, 2005

9:20 a.m. Staff member reported theft of personal property from Kayser Hall. Incident occurred between 5 p.m. Wednesday, Nov. 23, 2005 and 8 a.m. Tuesday, Nov. 29, 2005.

Friday, Dec. 2, 2005

5 p.m. Campus Security responded to Scott Village regarding a complaint of disorderly conduct and identified an alcohol violation. Incident occurred between 4:40 p.m. and 5 p.m.

Saturday, Dec. 3, 2005

1:50 a.m. Campus Security responded to a complaint of a liquor law violation by Scott Village staff. Incident occurred between 1:50 a.m. and 2:09 a.m.

Sunday, Dec. 4, 2005

10:10 p.m. Campus Security came upon a liquor law violation at Scott Village. Incident occurred at 10:10 p.m.

Tuesday, Dec. 6, 2005

3:30 p.m. Student arrested at Peter Kiewit for improper use of university computer. Incident occurred at 2:30 p.m.

Saturday, Dec. 10, 2005

1:45 p.m. Student reported theft of personal property from their vehicle parked in Lot 9. Incident occurred between 1 a.m. and 1:30 p.m.

Sunday, Dec. 11, 2005

12:29 a.m. Campus Security responded to a liquor law violation at University Village. Incident occurred at 12:29 a.m.

Monday, Dec. 12, 2005

4:45 a.m. Campus Security Officers came upon a vehicle break-in. Student reported theft of personal property from vehicle. Incident occurred between 8 p.m. Sunday, Dec. 11, 2005 and 4:45 a.m. Monday, Dec. 12, 2005.

Monday, Dec. 19, 2005

11:05 a.m. Staff member reported theft of personal property from office in Kayser Hall. Incident Occurred between 8 a.m. Thursday, Dec. 15, 2005 and 11 a.m. on Saturday, Dec. 17, 2005.

3:39 p.m. Staff member

reported receiving threatening phone call. Incident occurred at 12:21 p.m., Sunday, Dec. 11, 2005.

Monday, Dec. 26, 2005

6:56 p.m. Omaha Police cited student for possession of controlled substance at University Village.

Tuesday, Dec. 27, 2005

8:28 p.m. Student reported theft of personal property from the Peter Kiewit Institute. Incident occurred between 6 p.m. Sunday, Dec. 25, 2005 and 8:05 p.m. Tuesday, Dec. 27, 2005.

Wednesday, Dec. 28, 2005

12:50 a.m. Campus Security officers responded to a report of an illegal controlled substance report at University Village. At 1:19 a.m. a visitor was issued a citation by Omaha Police for possession of a controlled substance.

Saturday, Dec. 31, 2005

4:46 a.m. Campus Security discovered an apparent non-affiliated, vandalized vehicle parked in Lot 9. Owner did not return to vehicle until Sunday, Jan. 1, 2006. Incident occurred between 6 p.m., Wednesday, Dec. 28, 2005 and 4:46 a.m., Saturday, Dec. 31, 2005.

11:17 p.m. Campus Security received a report of a student in University Village receiving threatening phone calls from another student. Campus Security identified a suspect in Lot L and advised them to leave campus.

***Crime Log ended on Jan. 4, 2006 with no incidents reported between Dec. 31, 2005 and Jan. 4, 2006.

News you can use

COMPILED BY COLLEEN O'DOHERTY
STAFF WRITER

E-billing brochures now available

Informational brochures on E-billing, which will begin in January 2006, are now available in Cashiering/Student Accounts and on the Web. Brochures also are located in a variety of other student services offices in the

Eppley Administration Building and the Milo Bail Student Center.

Faculty and staff who need copies of the brochure for their own use or for the use of their students should contact Camille Ciotello at 554-2117.

Free UNO calendars available in printing services

For a limited time, Printing

Services is giving away calendars for 2006. The full-color UNO wall calendars measure 11x17. Larger poster sizes (24x34) are available for \$20. Those interested in a calendar should stop by Printing Services, room 106 Eppley Administration Building. Calendars will not be mailed but are available one per person, per visit. For more information, contact Printing Services at 554-3074.

From BILLING: Page 1

"We got it done before Christmas break," Blackman said.

Students should not expect an extension of the due dates for bill payments because of the new method of notification.

"One other thing we're going to do is generate an e-mail to all students enrolled in the spring semester. We take each student's concerns on an individual basis, but you need to be proactive about the due dates,"

Goldsberry said.

The bills for this semester will sent on Jan. 13. One-half of the tuition and fees will be due by Jan. 31, and the remaining balance will be due by Feb. 21.

THE GATEWAY

THE UNIVERSITY OF NEBRASKA AT OMAHA'S STUDENT NEWSPAPER SINCE 1912

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Graduate student earns \$25,000

SCOTT STEWART

SENIOR STAFF WRITER / SYSTEMS MANAGER

A UNO graduate student recently earned what College of Public Affairs and Community Service Dean Burton Reed calls "a big complement."

Patrick McNamara received a \$25,000 grant from the United States Department of Housing and Urban Development to support his dissertation.

McNamara, who is working on his Ph.D. in the School of Public Administration, is focusing his research on collaboration between public, private and non-profit sectors.

Specifically, McNamara's research is on "cross-sectional collaboration regarding homelessness," which is a complex issue that "takes a lot of different resources and approaches to solve it."

"I am researching two communities: one is Omaha, the other is Portland," McNamara said. "I hope that the lessons learned from collaboration are applicable in many different issue

areas."

Reed said HUD wanted to focus on research that improves communities. McNamara's fit the bill.

The \$25,000 award will support McNamara by providing a stipend for his research and will also fund two site visits to Portland.

"[The grant] reflects a lot of the things Patrick [McNamara] has been involved with and also reflects a lot on what the College of Public Affairs has been doing," Reed said. "It's one of the biggest awards I'm aware of."

Previously, McNamara served as the coordinator of the Omaha Hate Crimes Project.

"I'm out of that position now. I just accepted a new position as the director of philanthropic services at the Omaha Community Foundation."

Collaboration has been an important aspect of these roles and has been the focus of McNamara's attention since the late 1980s.

"The lessons we learn about collaboration can be applied in many areas," McNamara said. "This is my passion."



Patrick McNamara

College class encourages frank sexual discussions

GWENDOLYN DRISCOLL

THE ORANGE COUNTY REGISTER
(KRT)

COSTA MESA, Calif. — The whip is 5 feet long and studded with metal and when the pony-tailed "dominant" cracks it, the whole class lets out a collective yelp.

Not Tamara Bowman. To the petite, blond, unshakably sunny professor of Orange Coast College's "Human Sexuality" class, such demonstrations are mere teaching aids.

The goal? To expose her students to all aspects of sexuality, even the most controversial.

The point, she says, is less to shock than to capture attention and incite debate about healthy, and unhealthy, sexual behavior.

It is a hard lesson that Bowman herself has learned.

Today, about 50 wide-eyed students are assembled before a guest panel of sadomasochists. Bowman, 41, invites more than a dozen "sexperts" to speak each semester.

Anatomical experts, the transgendered and transvestite, a tantric sex practitioner, and even a former porn star bring a flesh-and-blood immediacy to textbook explorations of complex sexual subjects, Bowman says.

In some cases, including Bowman's, the discussions are also a form of therapy.

The class starts with Bowman circulating what she jokingly calls the "Sex Bucket," a small silver tin decorated with gaudy feathers into which students can anonymously insert questions.

The frank and often-uproarious discussions that result have helped make "Human Sexuality" one of the most popular classes on campus.

"The point is to be able to feel or explore the fullness of sex, instead of just seeing it as pornographic, or something that happens in a back alley," Bowman says. "This is the only format where (students) have the freedom to ask questions without being judged."

The class first started in 1975, the result of student demand, according to Mona Coates, a former professor and California sex therapist who is credited with many "Human Sexuality" class innovations.

"We probably were the first to try that," Coates says of using first-person "testimony" by a wide variety of speakers.

The popular format "spontaneously" spread to colleges and universities across the state, Coates says.

Today, five professors teach Human Sexuality at Orange Coast, usually to overflow classes of 300 students or more in the campus auditorium. Bowman, confined temporarily to a smaller classroom, had to turn students away this semester.

Which is a shame, Bowman says, because the wide-ranging and non-judgmental discussions of painful topics like incest and rape sometimes prompt survivors to step forward and seek help.

"I've had students say to me: 'You literally saved my life,'" Bowman says.

The class serves more than Bowman's students. "Human Sexuality" is also helping Bowman to heal herself.

"I was so suppressed," she says of the strict, evangelical household in Bakersfield, Calif., where she was raised. "Sex was something we talked about in whispers in the back of the school bus. At home we weren't even allowed to look at ourselves — it was considered dirty."

For a therapist and teacher who encourages open discussions in the classroom, Bowman is surprisingly discreet about the next aspect of her story — the childhood sexual abuse she suffered.

Bowman remembers breaking out in hives just thinking about sex. Then she went to college and took a class called "Human Sexuality."

For the first time Bowman heard experts talking about unheard of subjects — including sexual abuse — in a way that had her "falling off my chair."

"I just couldn't believe people could talk about it like that," she says. "It's as if we come to this life like a castle full of

See COLLEGE CLASS: Page 11

From **MAVCARD**: Page 1

the food court, the book store, the convenience store, the computer labs, the library and the PKI lunch cart," Dobrauc said.

Besides the business office in the Milo Bail Student Center, anyone with a MavCard can also add money to it using one of four Value Point stations on both north and south campus. These stations accept cash and give users a quick way to add a few dollars to their accounts.

According to Dobrauc, the new system will enable students low on cash to add money to the MavCard at any time, such as late at night in a computer lab, when they otherwise could not.

"It opens up the opportunity to make deposits. We got a bunch of students and faculty and staff members using it," Dobrauc said.

Another new feature of the Web site is the ability for students to grant up to four other people access to their account. This would allow a student to give his or her parents the ability to view the account activity and add funds.

Furthermore, students can set their account to automatically receive additional funds from a credit card when their balance goes under a set amount, allowing students to effectively avoid being caught, for instance, without money for printing documents.

The MavCard will continue to operate as a debit card, unlike Lincoln's N-Card, which charges against the students' accounts. This

policy might also help students from getting themselves into debt, because they have to have the money in order to spend it.

"We didn't want to get in the position of extending credit to students," Dobrauc said. "We added this because students were asking for it."

The Web site can be found at mavcard.unomaha.edu.



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Legislative Branch

Student Activities Budget Commission

Graduate Class & College Senator (4 seats total)

College of Education & Human Sciences Senator

Judicial Branch

Student Traffic Appeals Commission (Rolling)


Student Election Commission (Rolling)

Other

American Multicultural Students Agency Director

The deadline for applications is January 13, 2005 at 4:30 p.m.

Applications are available in the Student Government Office located on the first floor of the Milo Bail Student Center. Stop by our office or call us at 554-2620.



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Cheaper alternatives to buying books at UNO

KRISTINA ALAS
SENIOR STAFF WRITER

Throw off your blankets, get out of bed and get ready to hit the books. A new semester has finally begun and what's the first thing on everyone's minds? How much money they're going to have to spend on textbooks.

To save money this semester, start with finding the cheapest place to buy your textbooks. Most students go to the UNO Bookstore, but there can be much cheaper ways to buy books, like using the Internet or going to a local store.

At Half.com, most textbooks are just

that half price. For example, one book used at UNO is *How to Conquer Speech Anxiety and Nervousness* by Karen Dwyer. At Half.com, it sells anywhere from \$4 to \$25, other places sell it between \$25 to \$50. The Big O Bookstore on 72nd and Pacific Streets sells it for \$22 used and Amazon.com sells it for \$19.85 plus shipping and handling.

Shopping early is a must because with prices like that, they are sure to sell out fast.

When buying from the Internet you more than likely will have to pay for shipping and handling and wait a few days for your books to arrive, but it's still cheaper and sometimes worth the wait.

Amazon.com and Textbook.com books are about the same as the bookstore. There is only around a \$5 difference for some books, especially those that are widely used.

There are some Internet sites that are even more pricey than the bookstore, such as BarnesandNoble.com and booksamillion.com.

To use another example, there is the popular UNO

introduction to psychology book, *Gateways to the Mind and Behavior* by Dennis Coon. Sold at the UNO Bookstore new for \$97 and used for \$72, the same book was available at press time for only \$39.99 plus \$3.25 for shipping and handling at Half.com. Cheaper prices were even found on eBay.com for the same used book, totaling in at around \$30 including shipping. That's a savings of over 50 percent off the used price from the UNO Bookstore.

Before buying books from the Internet be sure to go to comparison sites like Bigwords.com or Alibris.com, which scour

the Internet searching dozens of sites all at once to find the cheapest price for you. Also, always check out eBay.com—it doesn't always have the books you need, but when it does, the price is normally just right.

Do the smart thing and buy books from the cheapest place possible. Money is always an issue, but try not to make it too big of one—there are plenty of other things to worry about.

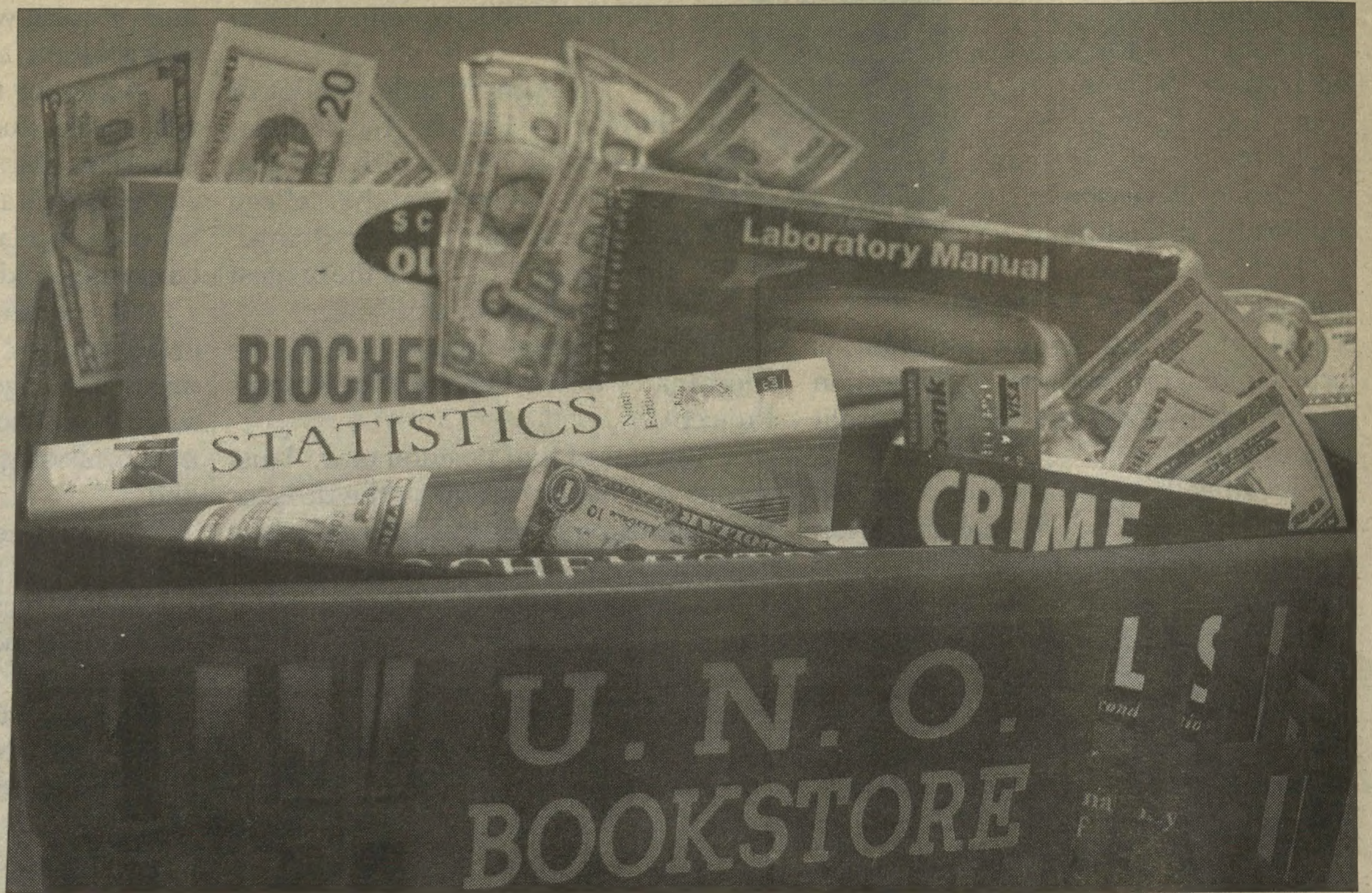
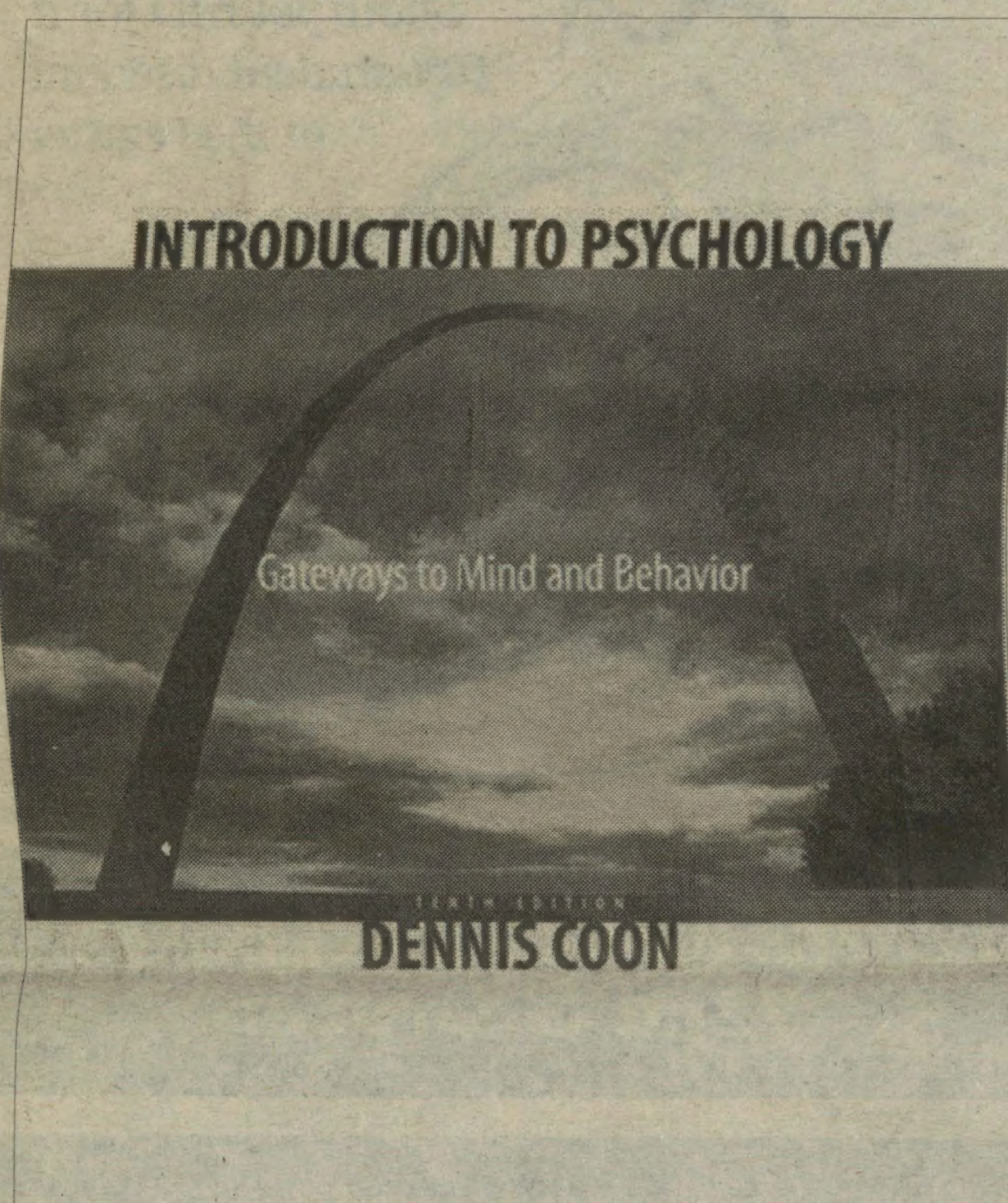


photo illustration by Michelle Bishop

Before filling up that basket with books, students may want to check out alternative textbook retailers, like Half.com.



This popular book used for UNO's Intro Psychology class is sold at the UNO Bookstore for \$72 used. The same used book is available online for as low as \$30.

www.unogateway.com

Avoid the red, stay ahead: Dodging large debt after school

MICHAEL MCMANUS
SENIOR STAFF WRITER

With student loans continuing to grow and bills frantically piling up, it's not uncommon for a student to feel overwhelmed. But what kind of financial state will an average UNO student be facing upon graduation? Is the debt going to follow us around forever, or will UNO students fare better than those at other universities?

There are many factors to take into consideration when determining your future financial stability. Every student is different, some are getting financial assistance from parents, scholarships, or the university itself, while others end up paying for everything out of their own pocket.

According to the UNO financial aid office, a typical UNO student living off campus but not at home with his/her parent is looking to pay around \$14,000 a year in total expenses. This includes tuition, rent, personal expenses, fees, transportation and averages at about \$56,000 after four years. However, most students only use financial aid for tuition and books so they can look at spending about \$5,500 a year and about \$22,000 upon graduation. The numbers obviously seem a little steep, but when comparing them to other schools it's easy to sigh a breath of



courtesy photo

Despite the rumors, there are ways to avoid piles of debt after graduation.

relief.

Sarah Forrest, a former Creighton University student, majored in psychology and graduated last year. Amy Perkoski a recent UNO student also graduated last year with the same degree. Amy has \$25,000 in student

loans, while Sarah has \$70,000. Both have the same degree, qualifications and jobs, but an obvious different financial security.

The one thing that UNO students need to keep in mind when taking out loans is that everything will

eventually have to be paid back. To often students are in the mindset of "Why worry now, I can just pay later." This obviously isn't the case. Yes the loans are paid back upon graduation, but what if you don't get that high-paying job? Then you'll have to add the loan payments to the already staggering bill pile. Sarah Miller, a recent UNO graduate, says it can all be overwhelming at times.

"I currently teach at a private school making less than I did at the job I had while at UNO," she said. "The bills keep piling up and it's hard to stay ahead and have a social life on the side. My advice to UNO students is to keep in mind how much money you are borrowing, and most importantly if it's absolutely necessary."

Definitely words to live by. Taking out an extra thousand bucks to buy a new wardrobe for the fall season just isn't worth it. Over time, \$1,000 could turn into \$2,000 and ultimately hurt when its time to pay back the borrowed money.

Remember to only take out what you absolutely need and start paying back as soon as possible. The reality of the situation is that if you want to stay out of the red, you have to stay ahead.

For more information on student loans contact the UNO financial aid office at 554-2327.

Student discounts: Keeping a little change in your pocket

MICHAEL MCMANUS
SENIOR STAFF WRITER

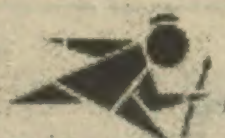
In a world full of senior discounts, child discounts and three and under discounts, a student might feel a little left out.

Perhaps Mariah Carey makes a valid point when she sings her hit single "Don't Forget About Us," because frankly, it seems as if we students have truly been forgotten. We juggle school and work and end up paying for tuition, books, gas, rent, food, clothing and the occasional beer—all on a usually minuscule wage. So where's the discounted love for you, the college student? Luckily, a few local businesses have kept you in mind and offer various discounts to students with a valid student ID.

Wild Oats on about 78th and Dodge Streets, a food market specializing in organic and whole foods,

offers a 10 percent discount to any student with a valid university ID.

Dick Blick



DickBlick, an art supplies store located off 78th and Dodge Streets, offers a 10 percent discount to students and has a frequent buyer card which gives art students the opportunity to save more!

NoodlesandCompany on 72nd and Dodge Streets

offers a free fountain soda to any student with identification.



Perkins offers 10 percent off to any student, and they are open 24 hours for all of you with a

little late-night craving.

The **Orpheum Theater** and **Holland Performing Arts Center** offer a discounted ticket program called smARTix. Show up to the ticket office

two weeks before the show and you could possibly get a ticket normally going for \$50 for as little as \$8.

The **Joslyn Art Museum** has student tickets

for only \$4.

Most YMCAs will waive the expensive initiation fee and put you on a payment plan

for as \$20.00 a month for a membership.

Actually, most restaurants are pretty lenient when it comes to student discounts, if the waiter says they

don't offer any, ask for the manager! Big chain restaurants such as Applebee's, Ruby Tuesday, and Old Chicago can offer student discounts if the store general manager agrees to your request. If this fails, you could always say it's your birthday and get a dessert, or your anniversary and get a free glass of wine. The key is not to be afraid to ask. If you seem desperate enough, they will most likely end up giving you something discounted or even for free.

Post-college job placement assistance available at UNO

KATHERYN ZABROCKI
STAFF WRITER

The definition of college: Time spent (mostly) educating yourself to a higher degree. Four years or more spent building a foundation of knowledge and skills that one day will be applied toward a salary.

The process of choosing a path to direct your energies is often a long and painful process. Major deciding factors include money and practicality.

Nearly all of us strive to do something meaningful and fulfilling with our education, but the real world and harsh realities come quick once leaving the safe cocoon of college. Some careers ebb and flow with the economy while others remain mainstays. When entering a university, how is one to know how they will fare with their career choice nearly half a decade down the road?

The future cannot be predicted, but keeping an eye on trends in the market place can prove extremely helpful in preparing for the post-graduation job search.

According to CNN/Money.com, engineers are becoming increasingly more sought after, as well as taking seven out of the 10 spots on the highest starting salary list. A survey shows that the top five majors for the 2004-2005 class are Management Trainee (entry-level), Sales, Consulting, Teaching and Accounting (public and private). Average starting wages for these careers range from \$30,793 for a teacher to \$48,098 for a consultant.

So, who's hiring? CollegeGrad.com provides a comprehensive list of the Top Entry Level Employers for 2005. Enterprise Rent-A-Car tops the

list having hired 7,000 entry-level employees. Lockheed Martin and Walgreen Company follow with 4,300 and PricewaterhouseCoopers and the Federal Bureau of Investigation round out the top five with 3,200 and 3,000 hires respectively. The site also provides links to the companies' home pages.

Overwhelmed? Relax, you don't have to bear the burden alone. UNO has a Career Exploration and Outreach Center located in the Eppley Administration Building in room 211 or online at <http://unocoe.unomaha.edu>. They boast "a comprehensive job posting and resume system, UNO Career Connect, houses student and employer profiles, student resumes, job listings, on-campus interview schedules, career event schedules and other employment information." Career Exploration and Outreach's focus is facilitating relationships between the student and prospective employers, alumni and the community.

Cari McClannahan, a recent UNO graduate is an example of a success story. She got her job at Modis, an IT recruiting company, following graduation through the PKI Career Resource Centers specifying in information systems, computer science and engineering positions. "Who'd have thought?" McClannahan said. "I'm still amazed that everything came together."

Every day that passes draws the college student inevitably closer a potential cubicle or "9 to 5" routine. The time is now to enjoy schedules with plentiful naps and energy for mid-week drinking. But soon the adult world might begin breathing down your neck, and a little planning and using available career resource tools can make the job-hunt exponentially smoother.

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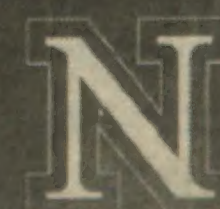


OUR PAPER IS A
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Sadistic *Hostel* is thin on plot, heavy on gore

AMANDA GOREY
STAFF WRITER

"You could spend a lot of money in there."

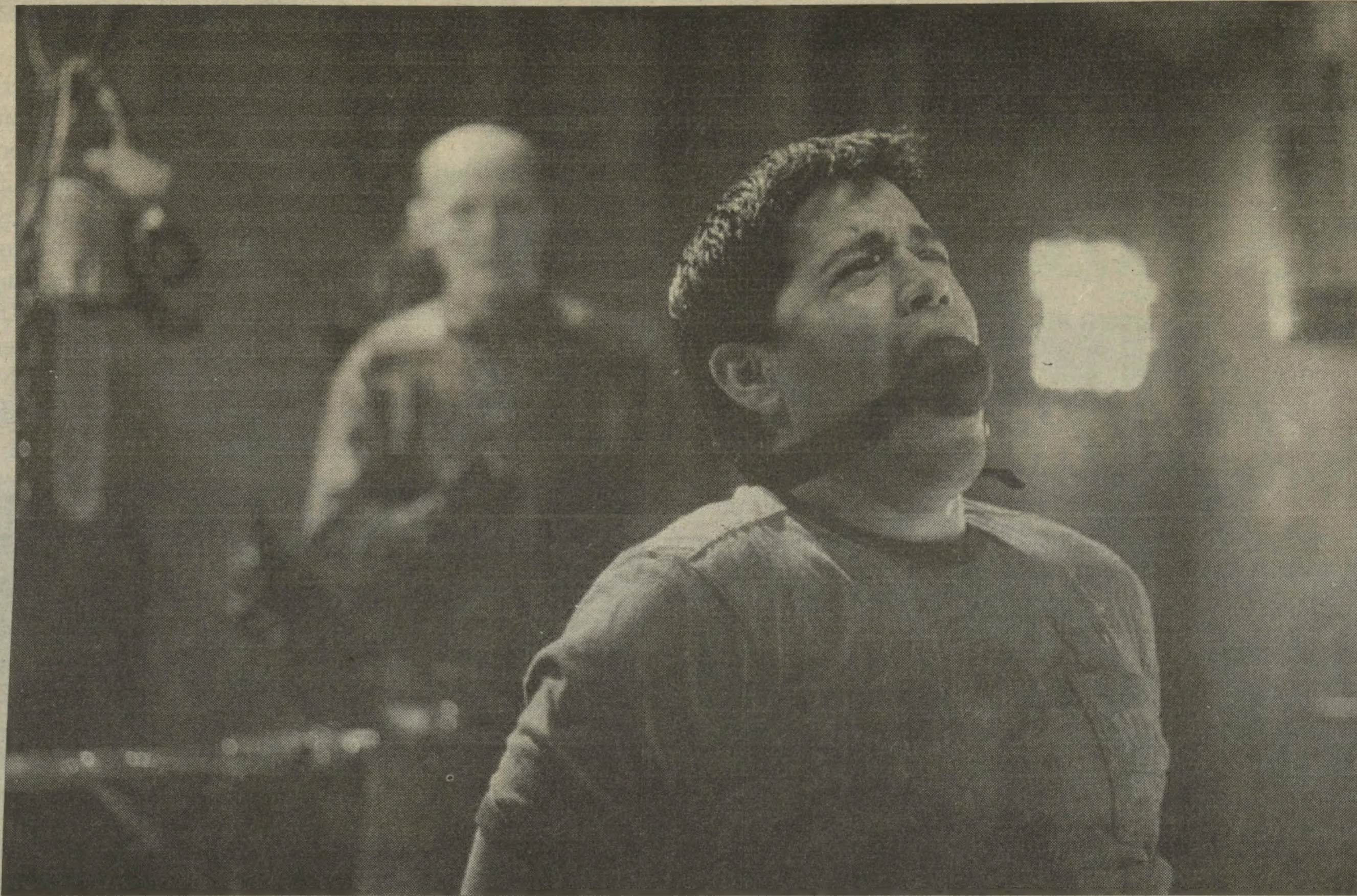
We've all heard of the stereotypical "Ugly American," pompous, rude and self-entitled. Director Eli Roth brings us a tale of an American good time in Europe gone horribly wrong, where the exploiter becomes the exploited.

Hostel opens with a couple of American frat boys in Amsterdam, Josh, played by Derek Richardson, and Paxton, played by Jay Hernandez, and their Icelandic sidekick Oli, played by newcomer, Eythor Gudjonsson.

Rude, obnoxious, drunk and stoned, our trio ransacks Amsterdam in search of fulfilling their most hedonistic desires. Unfortunately, for as much fun as they're having, they find too many others trying to do the same thing. A helpful fellow gives them a tip: To get away from Americans, head east.

A train ride later and our backpacking boys arrive in Bratislava and find a hostel inhabited by beautiful eastern European babes who run around topless and all but jump into their laps. Obviously their mamas never told them to be wary of anything that comes too easily. Nirvana comes with a price tag, and one by one, our cast comes up missing.

What follows is one of the



One of *Hostel*'s many torture scenes. The film from Eli Roth features some of the most gory and horrific scenes in film history.

most visceral displays I have ever witnessed in an American horror movie. There is gore and blood. People die and it's not pretty. Calling this a horror flick would be sending you the wrong direction. Some of what you will see is horrifying. What you will not see is standard horror film predictability. There are no characters doing things we all know you shouldn't do when being stalked by a psychopath.

In fact, that is what makes it so creepy. The violence is

"real." The bad guys are not psychopaths in hockey masks that should have been dead, yet rise again and again into a dozen sequels. They are real, sadistic humans and people who traffic in human products. The deaths are all believable. They're all things that prey on our own true fears.

What you will see is a dark, disgusting and sinister side of humanity. Men willing to pay for the privilege to kill people; torture as a sport. The script was based on a Thai Web site encountered by

Roth, where you could pay to kill a person, the victim participating so their families could take the money. When Roth told his friend, the film's producer Quentin Tarantino about it, Tarantino called it "the sickest thing" he'd ever heard. And Roth went to work.

The plot is thin, which in some aspects is a shame. The acting was at best, all right. No actor could have saved this. The premise could have been developed into a great psychological thriller.

However, this is a gore film, an American homage to Japanese horror films, which are the only things I could compare this to. In fact, Japanese horror icon Takashi Miike has a cameo.

The gore was excellent. I would call this film a new gold standard for American horror. A record 150 gallons of fake blood were used in the making of this film and it is definitely squirm-worthy. Some fellow patrons seemed to spend large portions of the movie staring at their laps and blatantly looking away.

If I wasn't already a fan of Japanese horror, this might have done me in. As it was, parts made me nauseous. There were several instances of cutaways, thus limiting some gore. However what your mind is imagining in those moments is infinitely worse than anything that could be happening on the screen.

I am already waiting for the director's cut DVD. Imagine what it might hold. As it stands, *Hostel* barely made it down to an R-rating. *Hostel* is rank with blatant drug use, sex, nudity and serious carnage (not brutality, just squirm-inducing ewwwwweeeeeek). If they had shown much more, it never would have made it to a theater.

Grade: B

Hip Hop Notes

BRIAN CASE
STAFF WRITER

From your mind to the paper, to the book to the screen, I'll be writing the Hip Hop Notes with a gangsta lean.

That's right, Hip Hop Notes is back with all your music, movie and celebrity news. Before I get down to grown-folks' business, I would like to give a big shout out to Julian Ivey who broke it down for the last two years as the writer of this column. He graduated in December and is moving on to bigger and better things.

On to business...

Multi-talented **Queen Latifah** is joining Hollywood's Walk of Fame. This rapper-turned-actress will have her star unveiled in front of Grauman's Chinese Theater in Hollywood on Jan. 4. Her new film, *Last Holiday*, co-starring LL Cool J, is droppin' Jan. 13.

T.I., better known as the Rubber Band Man, just signed longtime friend **DJ Drama** to Grand Hustle Entertainment/Atlantic Records. Drama has toured with Lil' Scrappy and Slum Village in the past. Drama won "Best DJ of the Year" at Radio One's celebration in the ATL.

"Gangsta Grillz means so much to the South and to the game...to be able to get a major record deal from pushing mix tapes in the streets is a great feeling for me as a DJ,"

said DJ Drama.

D4L and **Dem Franchize Boyz** are using words like weapons. Dem Franchize Boyz accused D4L of sabotaging one of their shows in Atlanta. Dem Franchize Boyz are also accused of stealing the two-step, a dance move started by D4L. I know ya'll try that one in the club.

Speaking of wicka-wicka Slim Shady, **Eminem's** greatest hits CD, *Curtain Call*, is currently No. 1 on the Billboard Top 40. Em remade the music video for "When I'm Gone" after being released from a rehabilitation center for an alleged addiction to sleeping medication. In the new version he steps up to the podium and says "Hi, I'm Marshall" at a Narcotics Anonymous meeting.

What it do? **Paul Wall** aka "The Peoples Champ," "Undisputed King of the Parking Lot" is in the news with his charity work. In a Hurricane Katrina relief effort sponsored by Vibe Magazine, Paul Wall, among other celebrities, signed a pool table that will be auctioned off. The proceeds will go to those devastated by Hurricane Katrina. Swishahouse Records is also releasing Mix tapes from Paul Wall that can be purchased at djpaulwall.com. Swishahouse includes: Slim Thug, Mike Jones, Cootie Bang, Archie Lee, Big Pokey, Aqualeo and, of course, Paul Wall.

Get out the way and go pick up **Ludacris'** latest CD *Disturbing tha Peace*. The new joint

See **HIP HOP NOTES: Page 7**



All Radio. No Bull.

The MavRadio Pick of the Week

CHARLEY REED
MAVRADIO STAFF

First came a good effort from Hot Hot Heat in 2002 and then came an award-winning release from The Killers in 2004. But now in 2006, ready or not, America is set to experience a band called We Are Scientists, a trio of rockers who are nothing short of awesome.

Comprised of a lead guitarist named Keith Murray, a bass guitarist names Chris Cain, and a drummer named Michael Tapper, this group formed in 2000 and soon moved to Los Angeles to start creating "rock music of the thoughtful, sometimes epic, often loud, vaguely danceable, implicitly humanist variety," and after listening to their debut release, *With Love and Squalor*, they not only succeeded, but flawlessly excelled. The first three songs of the album are each good, but none more so than the first track, which also happens to be the band's first



single. "Nobody Move, Nobody Gets Hurt" is probably the song most similar to the Killers, showing shades of that group's first two singles. The backing is very upbeat and even has a catchy and neatly constructed refrain, all of which helped the single hit as high as 56 on the United Kingdom singles charts.

See **PICK: Page 7**

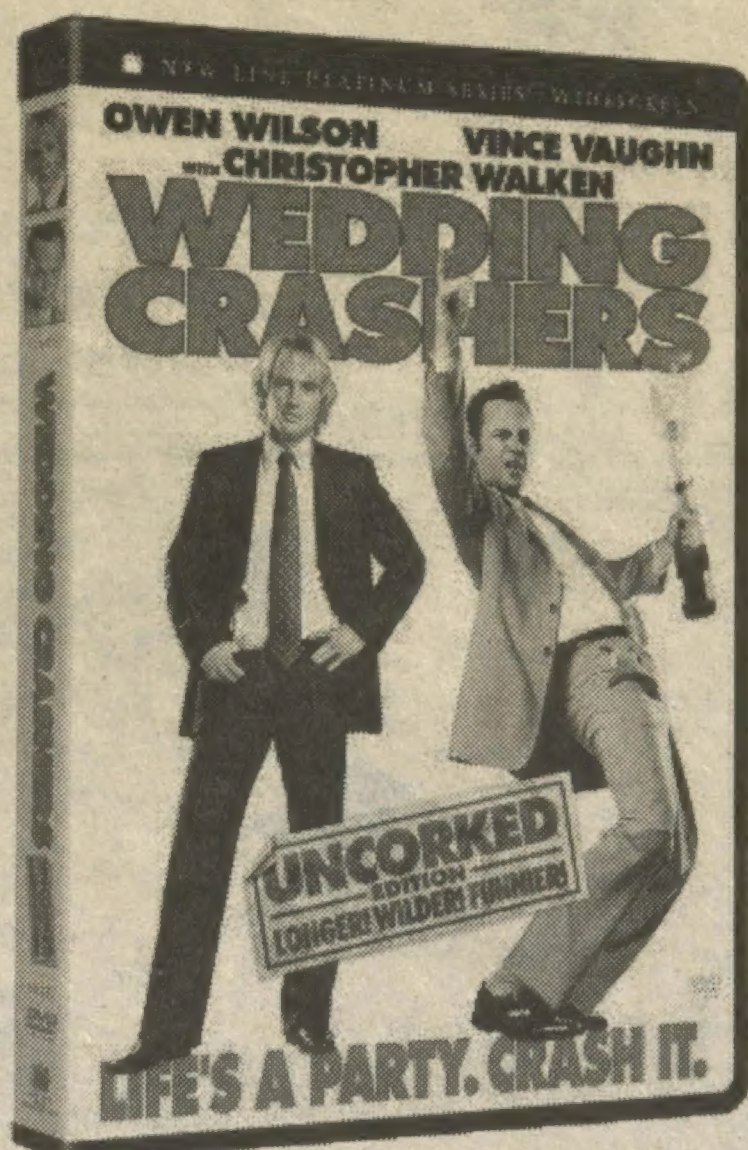
Wedding Crashers: Uncorked edition not that uncorked

ANDREW CUMBEE
ENTERTAINMENT EDITOR

Wedding Crashers was one of my favorite movies of 2005. It was the only comedy that I laughed more than once at and the only one that was actually a good movie and not made just for laughs. When the DVD came out and advertised its unrated version, which is supposed to be "Longer! Wilder! Funnier!" (just like every other comedy when they debut on home video), I couldn't wait to check out the extended version.

The film is about two friends who, you guessed it, crash weddings. They go there to party, eat and drink for free, and most importantly, meet women. When they crash the wedding of the Secretary of the Treasury, they run into some unexpected situations and the story goes off from there.

Well, after watching, I could have probably waited. There's a whole eight and half minutes put back in, but there's only about one minute that was actually worth adding in. The rest was cut because it either didn't fit because of the time in the actual movie or because it was more awkward than funny. Unless you were a huge fan of the movie in theaters, you can barely pick out what's new and what isn't. Truthfully, I think I even prefer the movie without the added minutes. They are totally worthless and only



make the movie longer, which makes me mad that they got my hopes up for "Wilder!" and "Funnier!"

As for the rest of the DVD, well, it's not great. I understand that with comedies,

most people don't care about special features. It's a different fan base than, say, *Cinderella Man*. But to me, special features on comedies can be just as funny as the movies themselves and they should be.

Besides having both versions of the films (Uncorked and un-Uncorked, which means they probably knew that some fans after getting the unrated would prefer the original), we get the standard trailers, a couple of featurettes, and some commentary tracks. Nothing

really stands out, but it is cool that they included those Budweiser commercials that advertised the film. The featurettes are worth watching for the comedy value, but they don't go into depth and the commentary with stars Owen Wilson and Vince Vaughn (if you want to sit through it) is funny, too. There's also a more serious commentary from director David Dobkin. Oh, and you get a copy of the rules that the guys keep talking about in the film.

Overall, the *Wedding Crashers* DVD is passable and the movie is a great one. I just wish there had been more on the disc. While I would give the film a higher rating than the one below, I can't give one better to the DVD.

Grade: C

From **HIP HOP NOTES:** Page 6

"Georgia" features Jamie Foxx and Field Mob. Others on the new CD include: Shawnna, Bobby Valentino, Lil' Fate, Playaz Circle, I-20, Shareefa, Norfclik and Lazyeye. My main man Luda is also nominated for Best Rap Solo Performance in "Number One Spot" at the Grammy Awards Ceremony.

Speaking of The Grammy's, it looks like **Kanye West** is gonna go away with some extra luggage that night. Nominated for eight Grammy's, Kanye should win album of the year with his hit *Late Registration*. The college dropout is also nominated for two "Albums

of the Year." No, I'm not trippin', Kanye gets a producer credit on Mariah Carey's *The Emancipation of Mimi*.

From college to the penitentiary, we move to **Lil' Kim**, who might get out of jail earlier than expected. Her non-profit organization "Lil' Kim Cares" hosted a Christmas party that gave away toys to needy kids. Her scheduled release date is Aug. 2 of this year, but her lawyers say late June is more likely.

That's all folks, keep it real.

From **PICK:** Page 6

Let's continue with not one or two, but four songs that prove just how good this album is. Not since the Killers' *Hot Fuss* have I experienced an album where there have been four radio single-worthy songs in sequence. For the Killers, it was tracks two through five: "Mr. Brightside," "Smile Like You Mean It," "Somebody Told Me," and "All These Things That I've Done." We Are Scientists have what looks to be a potentially similar four-peat with tracks six through nine on their album: "The Great Escape," "It's a Hit," "Cash Cow," and "Textbook."

"The Great Escape," which has peaked at 37 on the UK charts, is an addictive and smart song much in the mold of Hot Hot Heat's "Running Out of Time." The only downside to the song is the confusing lyrics, but lucky for the trio of rockers, lyrics never stopped a song from becoming popular. Crash Test Dummies anyone? This looks likely to be the first American single, and if it is, the band will start off with a bang seeing as how "The Great Escape" may very well be the best song on the album. "It's a Hit," which actually precedes "The Great Escape" on the album, is set to be the band's next single and for good reason. The song is most comparable to "It's Not the Fall That Hurts" from the Caesars, but that's not a proper benchmark for a song that stands

alone in its own right. The song itself is pretty simplistic, but curiously engrossing.

"Cash Cow" is a fast-opening song whose refrain sounds eerily similar to the Bravery's "Unconditional" and "Textbook" is one of the band's slower songs that is reminiscent of The Verve Pipe's "The Freshman," and it may only be a matter of time before one or both of these tracks become the band's next singles.

All comparisons to other American or Canadian-based bands that have a Britpop sound to them aside, We Are Scientists are poised to stand on the shoulders of their predecessors with the release of their debut on a major record label. More than just getting this reviewer's stamp of approval, it bears repeating that *With Love and Squalor* is so good it should be the duty of true music fans to make sure that everyone owns a copy.

Hell, everyone should own two.

Artist: We Are Scientists

Album: *With Love and Squalor*

Label: Virgin

Release Date: Jan. 10, 2006

Key Tracks: "Nobody Move, Nobody Get Hurt," "Cash Cow," "It's a Hit," "The Great Escape," "Textbook"



photo by Michelle Bishop

U2 comes to Omaha

Bono sang to a crowded Qwest Center when U2 came to Omaha on Dec. 15.

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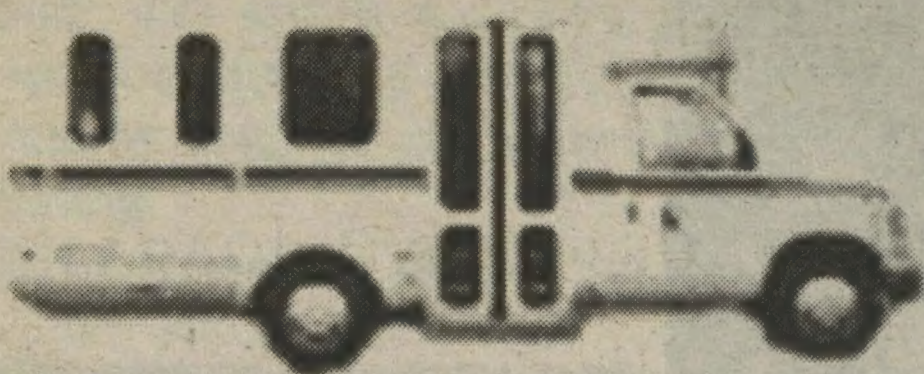
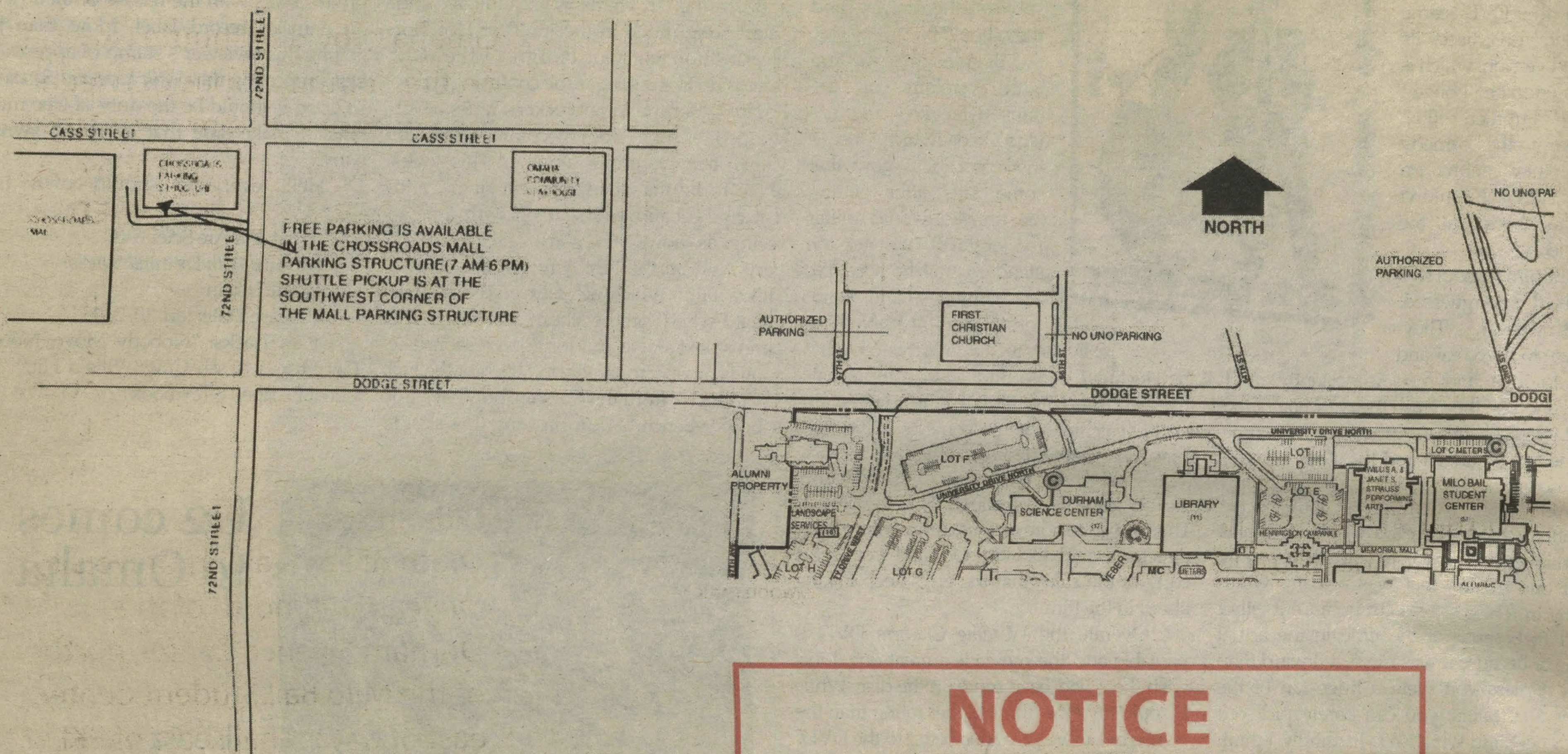
If you have insurance NOT from UNO, your plan must be reviewed by Marcia Adler by Friday, Jan. 30, 2006.

Otherwise, you will be billed for UNO insurance.

Student Health Services is located in MBSC, first floor.

The bull stops here.

REMOTE PARKING



NOTICE

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Watch for SIGNS.

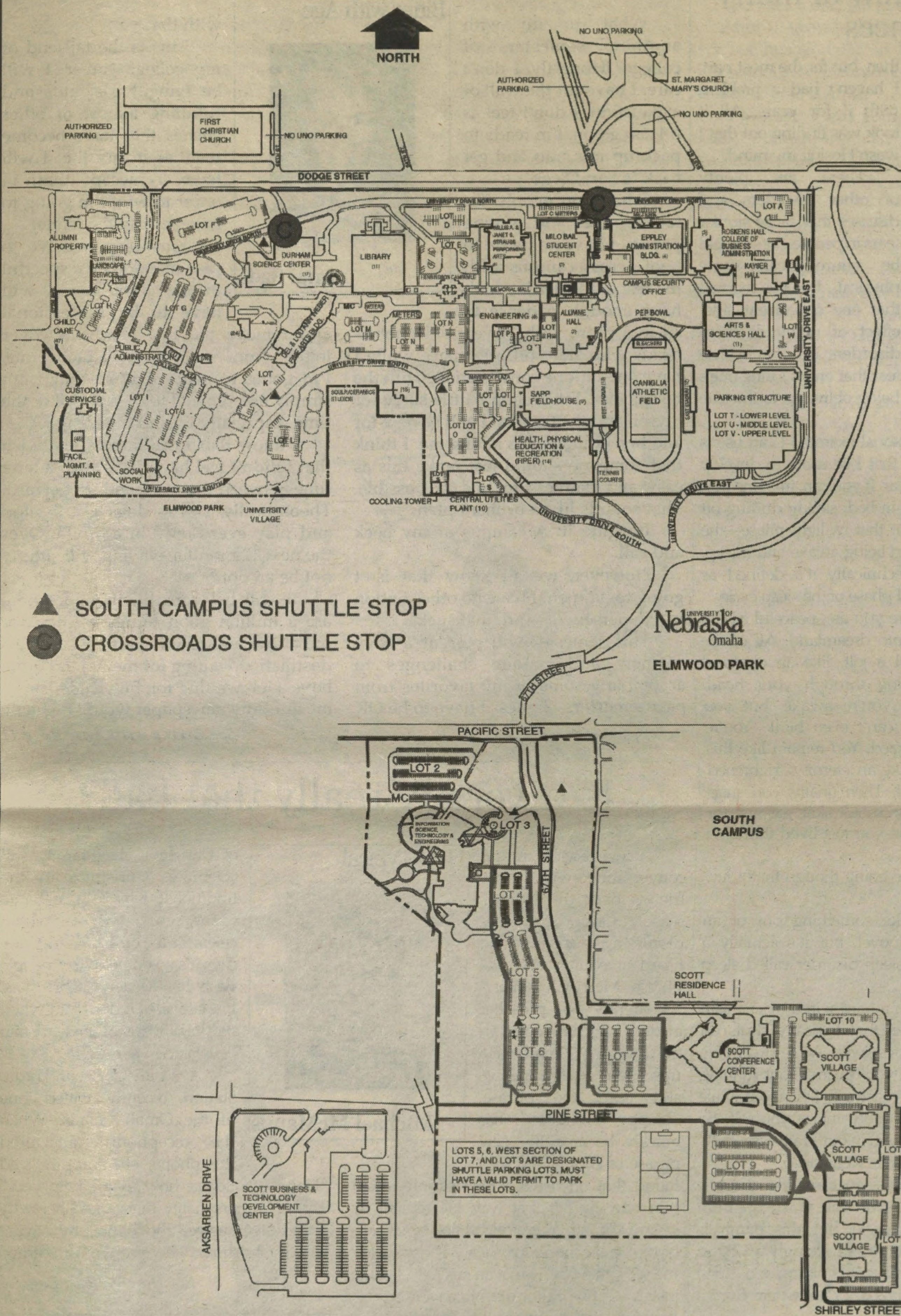
REMOTE PARKING: Crossroads Mall Parking Structure.

UNO provides remote parking from the Crossroads Mall Parking Structure located at 72nd and Cass Streets. Hours are 7 a.m. to 6 p.m. Parking is permitted on levels 1, 3, **part of level 4**, 5, 6 ONLY. (Not on level 2 or in regular surface lots.) Shuttle service is provided free of charge and no permit is required.

Shuttle buses load and unload at the southwest corner of the Crossroads Mall Parking Structure approximately every 15 minutes making stops ONLY north of the Durham Science Center and north of the Milo Bail Student Center. The Shuttle buses return directly to the Crossroads after the stop at MBSC.

The Remote Parking Shuttles will be marked to distinguish them from the Shuttle buses that service the Shuttle parking on the South Campus.

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SHUTTLE PARKING: South Campus Lots 5, 6, 7 and 9

The University of Nebraska at Omaha provides Shuttle Parking on the South Campus between the hours of 6:30 a.m. and 10:30 p.m. Monday through Friday. **A VALID PERMIT IS REQUIRED.**

Shuttle buses leave the South Campus and the UNO campus approximately every 15 minutes making stops south of lot N, along University Drive South at the three-way intersection, south of Lot K along University Drive South, north of the Durham Science Center, north of the Milo Bail Student Center, east of Kayser hall, east of PKI (circle drive) in Lots 5, 6, 7 and 9, west of Scott Village and east of PKI along 67th Street.

The shuttle bus loads/unloads in Lots 5, 6, 7 and 9 on South Campus.

The shuttle parking buses will be marked to distinguish them from the remote parking buses that service the remote parking area at the Crossroads Mall.

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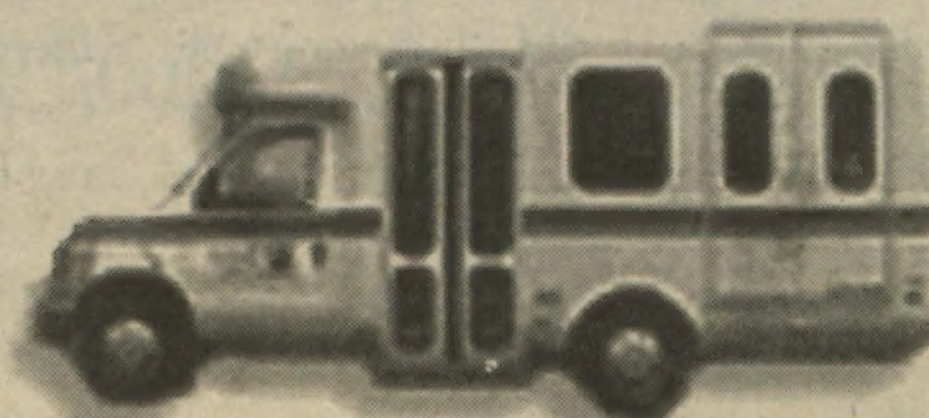
\$18 Student Night Only (Valid on campus after 12:30 p.m.)

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Parking Structure Access Card, if available \$22

Parking Structure Access Card deposit \$5

Access to the Parking Structure will be available for a fee of \$1 after 12:30 p.m. No parking permit is required after 12:30 p.m. in the parking Structure.



Don't worry, you're not going crazy Anxiety, sleep disorders just a few of many fear-inducing experiences

I write this column for all of you out there who, for one reason or another, think you might be going crazy. To all of you who think there's something uniquely wrong with yourself. To everyone who might suspect that their minds are broken.

I'm here to tell you that you're OK. That you're not unlike millions of other people in the world. That the condition you're suffering from is probably a documented disorder and afflicts many other people. I'll even throw you one better: There's probably an easy way to make things better for yourself.

I have to use myself as an example. I was about 19 when I developed my first mental disorder. If you'd like a detailed, narrative version of this, go to UNOGateway.com and search "anxiety disorder Bashara" in the search box in the upper right-hand corner. It's the column titled "Experience transforms perspective on disorder."

Basically, I developed an anxiety disorder. But at the time, there was nothing basic about it. I literally thought I was losing my mind. Many people hear the term "anxiety disorder" and assume it to be some vague affliction of nervousness or stress. Maybe something that happens to people that are too stressed out. Hell, that's what I always thought. But it can be so much more than that.

For me—and millions of others—an anxiety disorder physically manifested itself as something that made me think I was going nuts. These weren't just some nervous bouts of anxiety; each attack was a full-blown shift into another dimension. That's the best way I can describe it.

It was like the world around me had suddenly changed. Everything felt different. Yeah, my heart rate increased and I broke out into a cold sweat, but that was only a small part of it. It truly felt like something in my brain had snapped. I felt disconnected from reality.

Without delving too much into the finer aspects of a panic attack, I'll just say that if you've never had one, it's like nothing like can imagine.

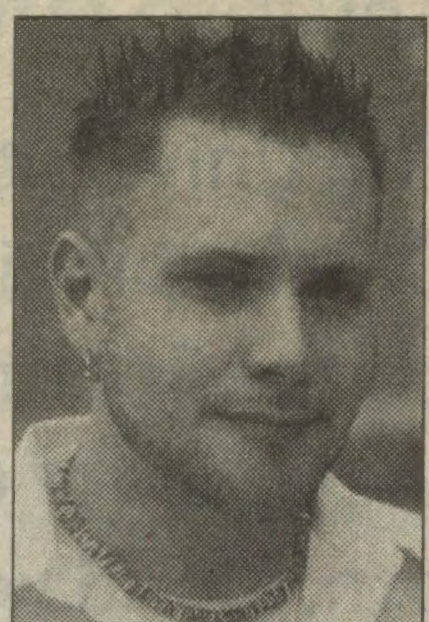
And for me, that was the problem. Prior to my first attack, I'd never felt anything like it before. Even worse, on a very general sense, we aren't educated properly about such afflictions when we're young. So I had no idea at the time that what I was experiencing was simply an anxiety disorder.

During the first year or so that I was having these attacks, I had no idea what they were. To make things more complicated, the symptoms of severe anxiety attacks can be extremely cryptic and difficult to articulate to other people. So I thought I was going crazy. I had no idea what was wrong with me. The symptoms just felt so damn unique and esoteric that I never imagined it could be a common mental ailment that many other people experience.

That was the worst thing about it all—the feeling of isolation and hopelessness. Eventually though, I did discover—with the help of a psychologist—that what I was going through actually was a documented mental disorder and affects many people.

The damndest thing of it all was that after learning that I wasn't going crazy—that those attacks were nothing more than an adrenal error in my brain—I was pretty much cured. I've had a few attacks since

Manic Digression



Josh Bashara

then, but for the most part, I haven't had a problem with it for years. All it took was finding out that I wasn't losing my mind.

There are plenty of other disorders and diseases that cause similar fears in people. Some could be neurological, some physical...but I've learned that one concurrent side-effect of many of these disorders can be intense fear that one is losing one's

mind simply by being oblivious to the true ailment.

Another personal example I can use is a sleep disorder that I've come to develop during the last year. If you can, imagine this:

You're lying in bed, slowly drifting off to sleep. You're at that twilight phase—the one right between being awake and asleep. I believe that technically it's defined as entering the REM phase of the sleep cycle.

Anyway, there you are, peaceful as can be, floating off into dreamland. All of the sudden, you feel a jolt, like an electrical current is running through your head. You realize that you're awake, but you can't move. You can't even blink. You're completely paralyzed. You remain like this for what seems like an eternity, frightened out of your mind. Then finally, you snap out of it and regain motor skill, gasping for air and feeling like you just lived through a nightmare.

Then imagine going through that a few times a night.

It sounds like something out of an alien abduction novel, but it's actually a pretty common sleep disorder called sleep paralysis.

It stems from a hard-wired mechanism within our brains that basically shuts off our ability to move while we're dreaming. Without it, when you dream about running a marathon, you'd actually flail about while sleeping and probably injure yourself. So that little mechanism in our brain essentially paralyzes us while in REM sleep.

But sometimes—in cases like the one I just described—you can wake up from the REM sleep cycle, but this paralysis mechanism won't disengage right away. So there you are, awake and fully conscious, but completely paralyzed for anywhere from a second to a minute.

If I hadn't previously gone through the experience of that anxiety disorder and learned that I wasn't going crazy, I probably would have thought the same thing when this sleep paralysis reared its ugly head.

But knowing what I know now, I was able to rationally approach it, do some Internet research, talk to my doctor about it and ultimately get some medicine that helped.

The point of this entire column is not just to share my wacky mental disorders with you. Even though it's a tad embarrassing, to be quite honest, I think it's worth it. If you're going through a tough time and dealing with some mysterious affliction—namely the mental neurological sort—then take a deep breath and realize that you're probably not losing your mind.

Do some research, talk to your doctor...don't give up. The answers are out there—along with help and a cure—if you just keep looking. And remember that as much as it might seem like it, I can guarantee you that you're not alone.

I believe I can fly to graduation

What to do with another semester of college? Honestly, I don't care. I have hit the wall of exhaustion. I don't feel as if I can go on. I'm ready to pack up my crap and get back to San Diego.

I have no energy for taking notes and writing papers. I have no desire to hoof across campus with the rest of the herd. I don't have enough patience to sit in a room with 19-year-old bubble-heads who stare off into space while I have one-on-one conversations with the instructors. I'm feeling a little sorry for myself and the fact that I will be here for another 12 months is killing me. I think that someone should just make this as easy and painless for me as possible. That sounds like a brilliant plan.

Imagine it: A campus at my beck and call.

However, we all know that isn't going to happen. I have no other option but to persevere. And, that sucks.

This semester will present a bevy of new and unique challenges to accompany some of my favorites from past semesters. I guess I have to be OK

Bitter with Age



Angi Sada

with that.

This is the tail end of my college career. I will be tying loose ends and fulfilling a host of other clichés that have become realities in my life. I will have to accept that, in order to win, I'm going to have to play the game.

I'm going to have to play nice and be respectful in the classroom. I will have to be professional

and remove the title "bad ass cover letter" from my resume attachments. I'm going to need to learn that I am simply not allowed to be right all of the time. Especially when I'm wrong.

I know that I can do it. I just wish that I didn't feel like it was such a long time between the work and the reward. Theoretically, rescue dogs get to stop and play every once in a while. Over the next 12 months, playing will simply not be an option.

It will be worth it, though. There are a million good things waiting for me at the end of this journey. I have a destination waiting for me. I don't quite have a job waiting for, but, dude, check me out. Any newspaper would be lucky

See BITTER WITH AGE: Page 11

Is diversity really that bad?

I had a very interesting conversation with some friends over the holiday season. One friend was discussing a sermon he heard at church over the phrase "Merry Christmas." Apparently the preacher and congregation (including my friend) were upset that so few people still used the phrase. "Happy Holidays" has quickly become the new phrase of choice, and they

found that offensive. I then simply asked him why he felt that way. He replied by saying, Christmas is a celebration of Christ's birth, hence the name. If anybody knows me well, they know that an answer like that just doesn't work for me. Here were my thoughts, as offensive as they may be.

First of all, I am a Christian myself; if you've followed my columns you know how I feel about Christianity. However, I think that the one thing Christians never take into consideration, are the feelings and well being of others who don't have the same beliefs as them. This is a prime example of how many Christian churches ultimately teach discrimination rather than teaching tolerance and acceptance.

To clear things up, I do say Merry Christmas around the holiday season, but not so much in the literal sense. When I say it to someone, I'm not saying "Merry Christ's Birth," but instead using it in the traditional holiday sense. So I do understand why people don't want to change the phrase. However when we put tradition aside and bring religion into the picture, my feelings totally change.

One of my best friends is Jewish. For those of you who don't understand this religion, they don't believe that Jesus Christ was born on Christmas day, which is why they celebrate Hanukkah instead

How Typical



Michael McManus

of Christmas. Her family still celebrates Christmas in the traditional, Kris Kringle/Santa Claus sense, but they don't celebrate the birth of Christ. She says it's no bother when people wish her a Merry Christmas, but later said it does hurt when they try and force their Christian beliefs upon her.

A local Christian radio station recently called one of the Omaha malls. When the receptionist answered the phone, she happily said

"Happy Holidays, how may I help you." The radio personality then asked her why she didn't answer the phone by saying Merry Christmas. The receptionist seemed

See How Typical: Page 11



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From **HOW TYPICAL:** Page 10

confused, and replied by saying that happy holidays is the proper way to answer the phone at this time of season. The radio personality then told her that this is the time of year when we celebrate the birth of Christ, and the least she could do was say Merry Christmas. The receptionist then hung up the phone.

Was the receptionist so wrong by saying Happy Holidays? Was it wrong that she wanted to include everyone's beliefs in her greeting? Or was the radio personality wrong by attempting to force his beliefs upon her?

I guess I don't understand why this is an issue. My niece had her first Christmas concert this year. They sang a Christmas song, a Hanukkah song and a Kwanzaa song. I thought it was great! When I was her age I had no clue that anyone believed anything other than I did. She's six years

old, and thanks to this Christmas concert she now appreciates those who believe in something other than her beliefs.

Our world is so diverse, which is why it's so great. Every street consists of families from different ethnic backgrounds, sexualities, religions, sizes...the list goes on and on. I think that changing from "Merry Christmas" to "Happy Holidays," is a step into the right direction. This will teach our children that holidays aren't meant for just one group of people, but for everyone.

I will continue to celebrate Christ's birth every holiday season, and my friend will continue to celebrate Hanukkah. Instead of fighting about putting Christ back into Christmas, why don't we all just accept "Happy Holidays," and believe what we want.

Any questions or comments can be mailed to mcmanus@mail.unomaha.edu.

From **COLLEGE CLASS:** Page 3

rooms and growing up our caregivers start shutting the doors. I felt like going into that classroom those doors were being opened up."

Bowman took the class three times. She got a job working with victims of child abuse. She married.

Then her world fell apart.

After 10 years of marriage, Bowman says her husband fell in love with his high school sweetheart over the Internet. He asked for a divorce.

"I thought I was going to die," she recalls. "I prayed and said, 'Lord_I don't want to go on, but if there is something here on earth for me to do, send your angels.'"

Two months later, Orange Coast College offered her a teaching job.

For Bowman, it was a way to pass on knowledge that changed her own life.

"I know how damaging, how alienating and annihilating, sexual abuse can be," she says. "And I've been that and come back."

When her S&M panelists finish speaking she asks them: Does guilt seek punishment?

Her point: could some victims of early abuse be unhealthily drawn to (even simulated and controlled) recreations of that abuse later in life?

The panelists assure her this is not so.

Privately, however, Bowman is not so sure. But voicing her opinions, she says, is not the point.

"What we're doing is taking the lid off and sifting through it and allowing each person to decide what's right for them," she says.

The subjects covered include more than just the taboo and the titillating.

Among her guests are a midwife from Hoag Hospital (on the subject of childbirth), an HIV survivor (AIDS), Planned Parenthood staff (contraception), a Vietnam-vet paraplegic (sex and disability), as well as survivors of sex abuse.

Inside the classroom, no question is too outrageous, no topic too forbidden.

"I think it's a good attitude," says Bun Thet Lim, 19, a sophomore. "She just puts out the subject, she lets us experience things, and the rest is up to us."

"She's wonderful," adds Jackie Cohen, 21, a third-year student. "She speaks to all groups."

Conservative or religiously influenced attitudes toward sex are covered with the same careful lack of judgment.

Many of Bowman's students, she believes, are not sexually active. Others plan to wait for marriage.

"And that's OK," Bowman says. "I encourage them to hold on to their core values."

But Orange County kids, she feels, have a "huge gap" when it comes to sex education.

"They have no idea, because their parents don't talk about it," Bowman says. The class "is about being able to have the knowledge and the level of comfort so you can engage with your partner when it's time."

And sex, she says, is ultimately not the point. Bowman says the real focus of her class is self-esteem.

"I talk a lot about love and intimacy," she says. "But in the end, the most important person in the world to fall in love with is yourself."



From **BITTER WITH AGE:** Page 10

to have me.

I have something better than all of that waiting for me next to the ocean. I will have a home that I can call all mine for the first time in my life.

I just have to make it there. So, I will. I can totally graduate in 12 months. Twelve long, arduous months.

I have a semester's worth of the some of the most accomplished professors in their fields ready to help

me learn the things that I need to know. I have a small and incredible band of friends who will not allow me to booze it up on school nights. I have an amazing kid who will motivate me to stay focused. And, I have the best parents in the free world who continue to support my flighty ways and occasionally impetuous manner.

Better than all of that, I have the ability to pull it off.

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photo by Michelle Bishop

UNO Goalie Jerad Kaufmann makes a pad save during the first period of Friday's game against Notre Dame. The Mavericks lost 4-1.

Mavericks go 2-2-1 over a 10-day stretch

NATHAN LEETE
SPORTS EDITOR

It's called semester break, but it was far from a break for the University of Nebraska-Omaha hockey team. The Mavericks played three non-conference games and a conference series between Thursday Dec. 29 and Saturday Jan. 7.

The Mavericks took on Alabama-Huntsville and Yale at home before hitting the road to play Minnesota State-Mankato in the second battle of the Mavericks this season. UNO then returned to the Qwest Center for a two game series against Notre Dame.

In the Dec. 29 game against Alabama-Huntsville, Bill Thomas and Scott Parse each tied a school record with five points as the Mavericks took down the Chargers in an 8-5 shootout.

Brandon Scero helped the Mavericks jump to a 2-0 lead with a power play goal at five minutes and 46 seconds into the first period and another at 19:08. Thomas scored his first goal of a hat trick performance on a one-timer at 7:18, but UAH scored 38 seconds later. Thomas put a rebound in on a power play at 11:17 to give UNO a 4-2 lead. UAH scored again at 14:32. Maverick captain Mike Lefley picked up his first goal of the season at 17:21 to give the Mavs a 5-3 lead into the final intermission.

Thomas picked up his third of the night and 16th of the season 3:29 into the third period. Scott Parse picked up a shorthander at 8:01 to give the Mavs a 7-3 lead. UAH picked up a pair of power play goals with 4:04 left in the game, but UNO's defense cut the chargers off after that. Tomas Klempa picked up an empty net goal in the final seconds for the 8-5 win. The eight goals tied the school record for goals in a game set against Bemidji State on Feb. 18, 1999. Bill Thomas was



photo by Michelle Bishop

Nenad Gajic flies over Notre Dame's Chris Trick during Saturday's game The Mavs tied the Fighting Irish 2-2.

named the Central Collegiate Hockey Association's Player of the Week for his performance.

The Mavericks celebrated New Year's Eve with an overtime 3-2 victory against Yale. Bryan Marshall scored just 19 seconds into overtime for the win.

UNO took a 1-0 lead in the second period when Mick Lawrence picked up his sixth goal of the year at 11:23. Yale

tied the game up on a power play at the 16:11 mark.

The Bulldogs took a 2-1 lead at 11:10 in the third on an even strength goal. Marshall took a shot from the crease and bounced it off a Yale defenseman to take the game into overtime with just 32 seconds left.

On Jan. 3 the Mavericks traveled to Minnesota State-Mankato to attempt

to get revenge for the 6-3 loss at the hands of the purple Mavericks on Nov. 22 at the Qwest.

UNO took a 2-0 lead in the second on goals from freshmen Juha Uotila and Dan Charleston. Uotila picked up his first career goal on a backhand at 4:20 in the second and Charleston scored on an even strength goal at the 7:54 mark. MSU answered by scoring five unanswered goals in the third period, to extend it's streak against UNO to nine games.

Friday night the Fighting Irish came to Omaha for the first game in a two-game series. The Irish snapped UNO's four-game win streak with a 4-1 win over the Mavericks.

Notre Dame scored its first two goals on power plays in the first and second periods. The Irish then picked up a shorthander 16:24 into the second to take a 3-0 lead. Klempa put the Mavs on the board with seven seconds remaining in the second on a power play.

The Irish added one more goal in the third at the 2:42 mark then held on for the 4-1 win.

On Saturday night the Mavericks were looking for revenge against the Irish but had to settle for a tie in front of a season record 7,624 fans at the Qwest Center.

Notre Dame opened up the scoring in the second period on a power play goal at the 2:44 mark. UNO tied the score on a Kaleb Betts goal at the 6:39 mark. The Irish retook the lead halfway through the third on a wrist shot from the circle. Lawrence tied the game up at 2-2 with 11:19 remaining in the game.

The Mavericks are now 11-10-1 on the year and 5-7-2 in the CCHA. They will travel to Columbus, Ohio next weekend to take on Ohio State in a two-game series.

Men's basketball extends record to 10-8 overall, 1-1 in conference

NATHAN LEETE
SPORTS EDITOR

The UNO men's basketball team went 2-2 over Christmas break and opened North Central Conference play with a record of 1-1.

On Dec. 29, the Mavericks traveled to St. Paul, Minn. to take on Concordia-St. Paul in their first game over the break. The Mavericks led the entire game but missed five straight in the closing minutes to allow the Bears to rally for the lead.

"We had some good looks, but we couldn't knock them down," said Head Coach Derrin Hansen in a press release. "When we had a chance to get a stop, we couldn't get the rebound and they got some key putbacks."

The Mavericks led by as many as 10 in the first half but only carried a 30-29 lead into the locker room at half.

With two minutes and 50 seconds left to play in the game, Calvin Kapels hit a pair of free throws to break the game's 10th tie. Quantel Murphy got a steal and then slammed the ball home to give the Mavs a 57-54 lead with 2:32 left. The Mavericks missed their final five shots of the game to let the Bears in.

Concordia's Kyle Marxhausen hit two free throws, and then Marlon Walker hit a pair of baskets for a 58-57 CSP lead with 45 seconds left to play. CSP capitalized on another missed shot and a pair of free throws in the final seconds to win 62-57.

The Mavericks

remained undefeated at home when they hosted Doane College on New Year's Eve at the Sapp Fieldhouse. Ryan Curtis put up 20 points and 11 rebounds to lead the Mavericks to a 76-65 win over the Tigers.

The Mavericks shot 53 percent from the floor and Curtis picked up 18 of his points in the first half. UNO carried a 42-32 lead into the break. UNO continued its dominance into the second half and held a 60-40 lead with 12:10 left in the game.

Doane went on a 19-7 run over the next nine minutes to close the gap to 67-59 with 3:33 left in the game. Zac Robinson ended a 7:45 drought for the Mavs when he hit a short jumper with 3:05 left to give UNO a 10-point lead. The Mavericks hit four free throws in the closing seconds to seal the win.

The Mavericks finished the game shooting 46.4 percent over Doane's 42.1 percent. Three other Mavericks scored in double digits: Kapels with 17, Robinson with 11 and Murphy with 10.

The Mavs had a few days off before opening conference play on the road against

Augustana last Thursday. UNO's offense used 50 percent field goal shooting and hit

See **MEN'S BASKETBALL: Page 14**



photo by J Parker Adair

Zac Robinson puts up a shot during a game earlier this season.



photo by Michelle Bishop

Lacey Geitzenauer fights two opponents for a basket earlier this season.

Women's basketball sees records set, streaks broken and a conference open over break

LIZ SELZER
SENIOR STAFF WRITER

While many people enjoyed the winter break at home eating big dinners and watching football, the women's basketball team was riding a bus to Colorado.

The weekend resulted in school records and a disappointing loss as the Mavs went 1-1 on the road trip Dec. 29 and 30. The team took a break to prepare for conference play but dropped the opening two games on Jan. 5 and 7.

On Dec. 29, the Mavs demolished Johnson & Whales 115-49, tying the 1981-82 school record 10-game win streak. The Mavs set other school records putting up eight more points than 2002's highest point total of 108 and increased the program's largest margin victory from 64 to 66 points.

The Mavericks took a 61-22 lead into halftime and never looked back as they coasted to the win.

The Mavs had an impressive offense, with six players that tallied points in double digits. Lacey Geitzenauer lead the team with 24 points. JJ Smith added 20 points, Cayla Hargrove 17, Toni Kinsey 13, Ashley Freerksen 11, Karen Thies 10, LaCheryl Prince eight and Ellen Majewski and Carlye Jones six apiece.

The Mavericks suffered a devastating 48-53 loss to Colorado School of Mines on Dec. 30 at the Colorado Mines Classic.

UNO fought hard to own the scoreboard 23-22 to go into the half. The Mavs were feeling confident at the start of the second half, hitting 6 of 12 shots. This run would mark the biggest lead the Mavs would have at 40-33.

The tides began to turn when Mines went on a nine-minute run in the second half, holding the Mavs to a single field goal. The Mavs became ice-cold, missing six straight shots with 3:06 to play. The only other points to go on the scoreboard for the Mavs were a pair of free throws from

Smith and a jumper from Kinsey.

The desperate Mavericks began to foul hoping for a comeback, but Colorado Mines leading scorer Iva Tomava made three of four free throws in the final 28 seconds giving CSM the win.

Thies had six points to go with a game-high nine rebounds and Smith moved into 13th place in UNO's all-time career scoring with 14 points in the game for a career total of 1,104 points.

UNO opened North Central Conference play with two disappointing losses last week. The Mavericks (12-5) fell short in their first NCC match of the season, losing to Augustana 80-64 on Thursday. UNO fell to 0-2 in conference play Saturday night with an 89-64 loss to No. 2 North Dakota.

The Mavs went on an impressive 12-2 run to end the first half and pull them to a 35-33 lead into the break at Augustana. Thies went 4 of 8 in the first half scoring 12 of her game-high 24 points.

The determined Vikings came out hard to start the second half, scoring ten unanswered points and took a 57-48 lead with 8:55 left to play. UNO wasn't ready to lie down yet, with 5:21 remaining Kinsey hit

See **WOMEN'S BASKETBALL: Page 14**

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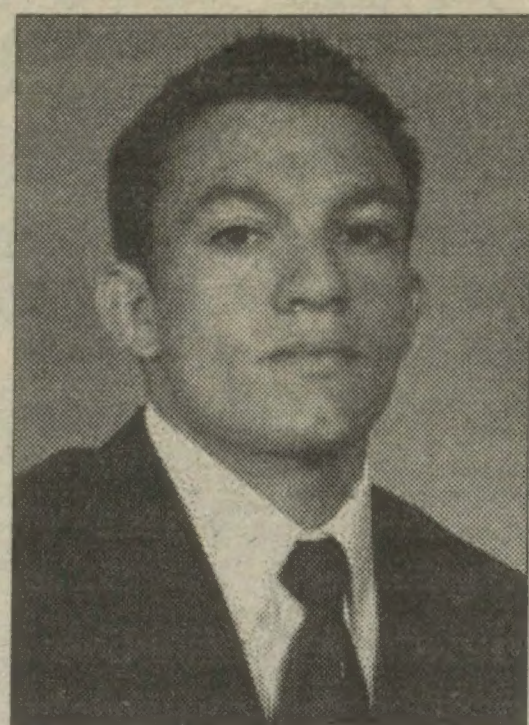
12 wrestlers place at Dana Open

NATHAN LEETE
SPORTS EDITOR

The University of Nebraska-Omaha wrestling team traveled to Blair, Neb. last Friday for the Dana Open Tournament.

Cody Garcia, J.D. Naig and Les Sigman all won titles as 12 Mavericks placed in the tournament.

Sigman went 4-0 at heavyweight and was named the meet's outstanding wrestler. Garcia earned the trophy for the most falls in the least time with

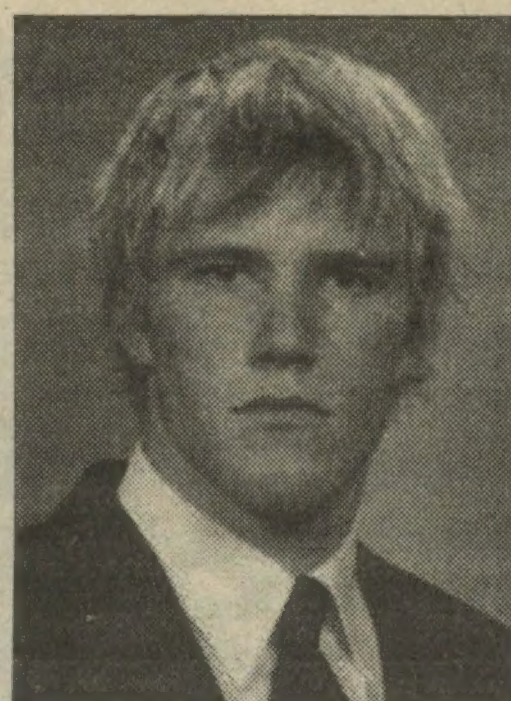


Cody Garcia

four pins in a total of just seven minutes and one second. Naig picked up the title at the 165-pound class.

Jimmy Ball, Dan Hilario, Mitch Waite, Shane Unger, Patrick Allibone and Ross Taplin all finished second in their weight classes.

The Mavs will be in action again Saturday in the National Dual Meet Tournament at the University of Northern Iowa in Cedar Falls, Iowa.



J.D. Naig

Mavs earn two titles at K-State Invite

LIZ SELZER
SENIOR STAFF WRITER

The UNO track and field team traveled to Manhattan, Kansas last Friday to participate in the Kansas State Invitational. Two Mavericks took first-place honors while five others came in second-place.

No one could outjump Foluso Makinde's leap of 18 feet, 11 1/4 inches in the long jump. Makinde's mark of 36-6 3/4 in the triple jump gave her second-place.

Jennifer Victor smoked the competition winning the 800-meter run with a time of 2:20.73.

Other second-place finishes: Debbie Akerly, 60-meter hurdles, 9.45 seconds; Sarah Zeisler, 1000-meters, 3:05.01; Kaylen Harris, 3000-meters, 10:55.01; Becky Hughes, 200-meters, 26.65.

The Mavs will take a trip to Lincoln Jan. 13-14 to participate in the Nebraska-Lincoln Holiday Inn Classic.

College coaches to debate combines

BY ALAN SCHMADTKE
THE ORLANDO SENTINEL
(KRT)

Wary of sapping control from high school coaches, or concerned about making recruiting a longer, more difficult process than it already is, football's major-college coaches will consider how to handle combines for high school players at their annual convention this week in Dallas.

Two types of non-high school gatherings are becoming prevalent for athletes hoping to play Division I-A football, combines hosted by recruiting services and camps put on by I-A coaching staffs away from their campus. Both will be debated this week, according to coaches planning on attending the I-A coaches meeting this week.

The combines, which charge up to \$400 for each athlete, have become popular with players and coaches. Players, who run 40-yard sprints, lift weights and have their heights and weights measured, like the fact they can get their numbers out to a big audience, particularly if there is recent improvement to mark.

Coaches are happy because the combines allow them to scout a large number of players in one location.

Camps are more hands-on. NCAA rules permit college coaches to hold or work camps away from campus. Like combines, such camps afford coaches a time and place to watch prospective recruits up close.

Both the combines and the camps effectively limit the control that high school coaches have on their athletes and on the recruiting process. Some college coaches are concerned about the football recruiting process becoming more like the ones in basketball and baseball, sports in which high school coaches are less important than youth-league coaches or other sets of outsiders.

"We don't want football to get like

basketball," University of Central Florida Coach George O'Leary said. "We've seen how that's gotten. We need to get control before it gets out of hand."

USC Coach Pete Carroll isn't as concerned.

"I don't get involved in those (combines), but if they give more exposure to the players, that's probably a good thing," Carroll said. "I think the bottom line is about the work load. Some guys don't want to have to go, but that takes away from the coaches that do want to go the extra mile and outwork the next guy for a player."

Coaches could not do anything to eliminate the combines. They can recommend that coaches be prohibited from attending them. They also can recommend coaches not be permitted to work skill camps.

Also this week, coaches:

Will deliver their first-year impressions of releasing their Top 25 votes to the general public. There was little controversy over the top two teams (USC and Texas) because they were the only two unbeaten after the regular season. BCS officials have said they would like the AFCA to increase the number of coaches who vote but coaches have been resistant.

Will debate the merits of five years of eligibility for I-A football players. Coaches in the past have supported it, believing that recent increases in academic standards will allow players more time to blend football and school.

Would like to stem the migration from Division II. Many schools are opting to move to I-AA for more visibility. The NCAA is already looking at possible reconfigurations of Division I.

Any NCAA proposals that come out of the convention are merely recommendations. They would not be voted on by NCAA leaders until at least February 2007, according to the NCAA's legislative cycle.

From **WOMEN'S BASKETBALL**: Page 13

a 3-pointer bringing the Mavericks within five.

Augustana's home court advantage set in as they scored a pair of three pointers and a pair of free throws, bringing them to a 68-57 lead with 2:50 left on the clock.

In the last 90 seconds the desperate Mavs started fouling, but the Vikings converted six foul shots to seal the deal with an 80-64 victory.

Freerksen put up ten points for the Mavs and brought down a team-high nine rebounds.

Although the Mavs out shot the Vikings 42.1 percent to 40.7 percent, the Vikings held UNO's leading scorer, Smith, to four points. Smith fouled out of the game with 3:32 left in the game.

Things didn't get any better for the Mavericks on Saturday as they traveled to Grand Forks, N.D. The Fighting Sioux sailed

to their 18th straight win on the season.

North Dakota went on a 17-2 run on its way to a 23-5 lead to start its season opener. The Mavericks fought back to close the gap to 11 late in the first half, but trailed into the break 42-28.

UND held at least a 10-point lead the entire second half and went on a 18-4 run midway through.

Smith scored 15 points for the Mavs and Hargrove put up another 13. Prince was the only other Maverick to score double digits with 10.

Ashley Langan led the Sioux with 22 points and Kristi Boese added 15 points and 10 rebounds.

The Mavericks get a chance to even the score with UND Thursday night at the Sapp Fieldhouse at 6 p.m.

From **MEN'S BASKETBALL**: Page 13

7 of 15 shots behind the arc to build a solid lead, but the defense also held off a late Augustana rally to hold onto the win.

Robinson hit three straight 3-pointers midway through the first half as UNO went on a 20-8 romp to go into the break with a 35-21 lead.

Augustana guard Joey Ryan hit 20 points in the second half to lead a rally that brought the Vikings within 2 with 8:44 left to play. The Mavs responded with an 8-0 run of their own. Augustana came within four again with 1:50 to play, but Kapels hit three of four free throws in the final minute to hold onto the win.

"We came out with a lot of energy, had a lull, but I thought we rebounded well after they made a run to take control again," Hansen said. "We'll take a conference road win anytime"

Friday night UNO was handed its first conference loss when the Mavericks traveled to North Dakota.

The Mavericks jumped out to a 10-7 lead against the Fighting Sioux, but UND went on a 16-point run, hitting 14 of 26 shots in the first half to carry a 34-21 lead into the break. UNO came out firing on all cylinders in the second half with a dunk

by Curtis and back-to-back 3-pointers from Michael Jenkins to close the gap to 43-35 with 12:30 left. Chris DeSpain hit a pair of free throws to cap UNO's 10-point run and pull the Mavs within six with 11:50 left to play.

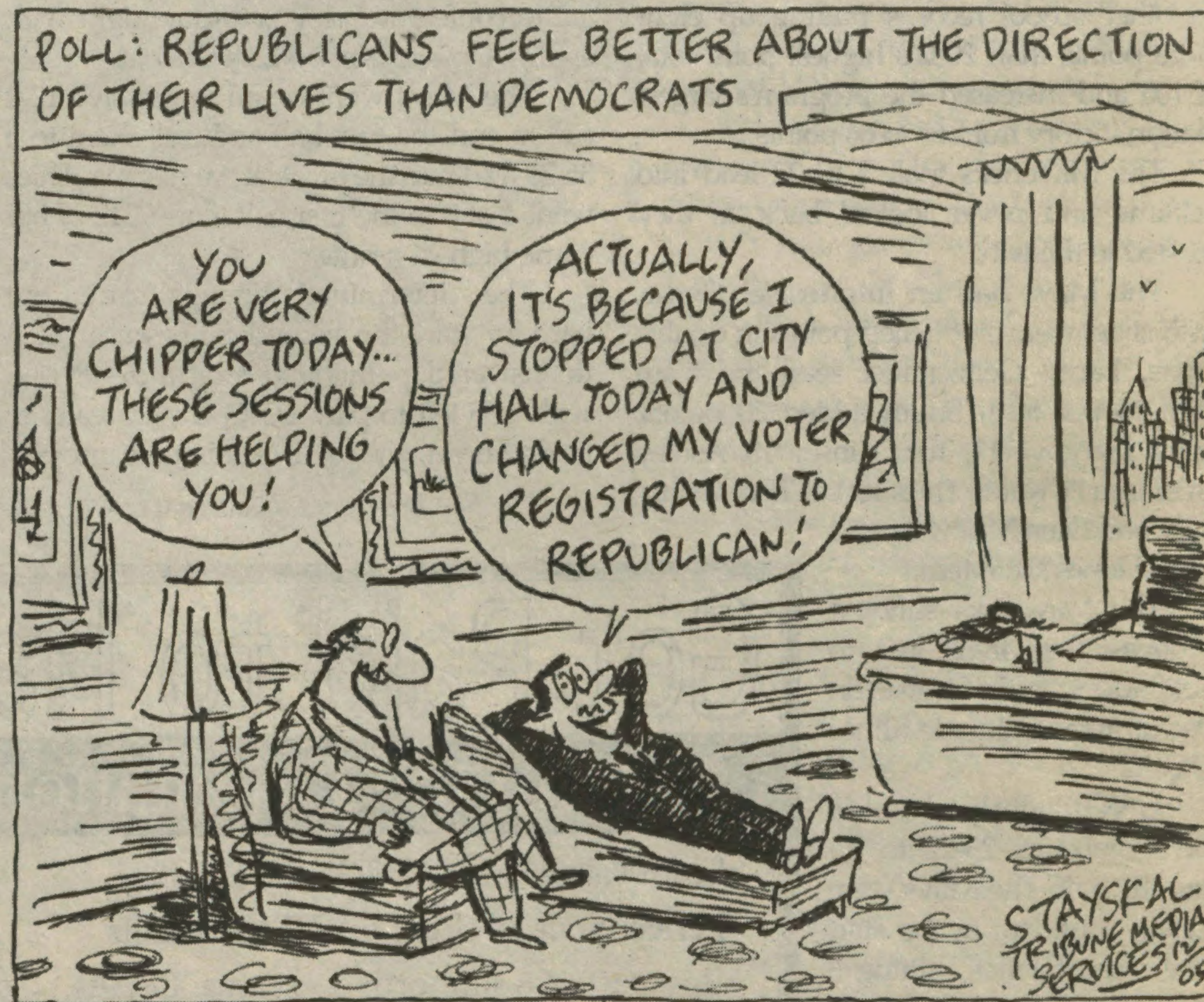
"Right there, I felt we were back in the ball game," Hansen said. "But we couldn't get the stops when we needed them and I think we ran out of gas a little trying to catch up. We really played hard."

North Dakota hit a tip-in and a 3-pointer to slow down the comeback, but the Mavs made one more run at the lead in the final two minutes.

Kapels hit a pair of free throws, Murphy and Denny Johnston put in layups and Kapels hit a three to cut the UND lead to six with 42 seconds left.

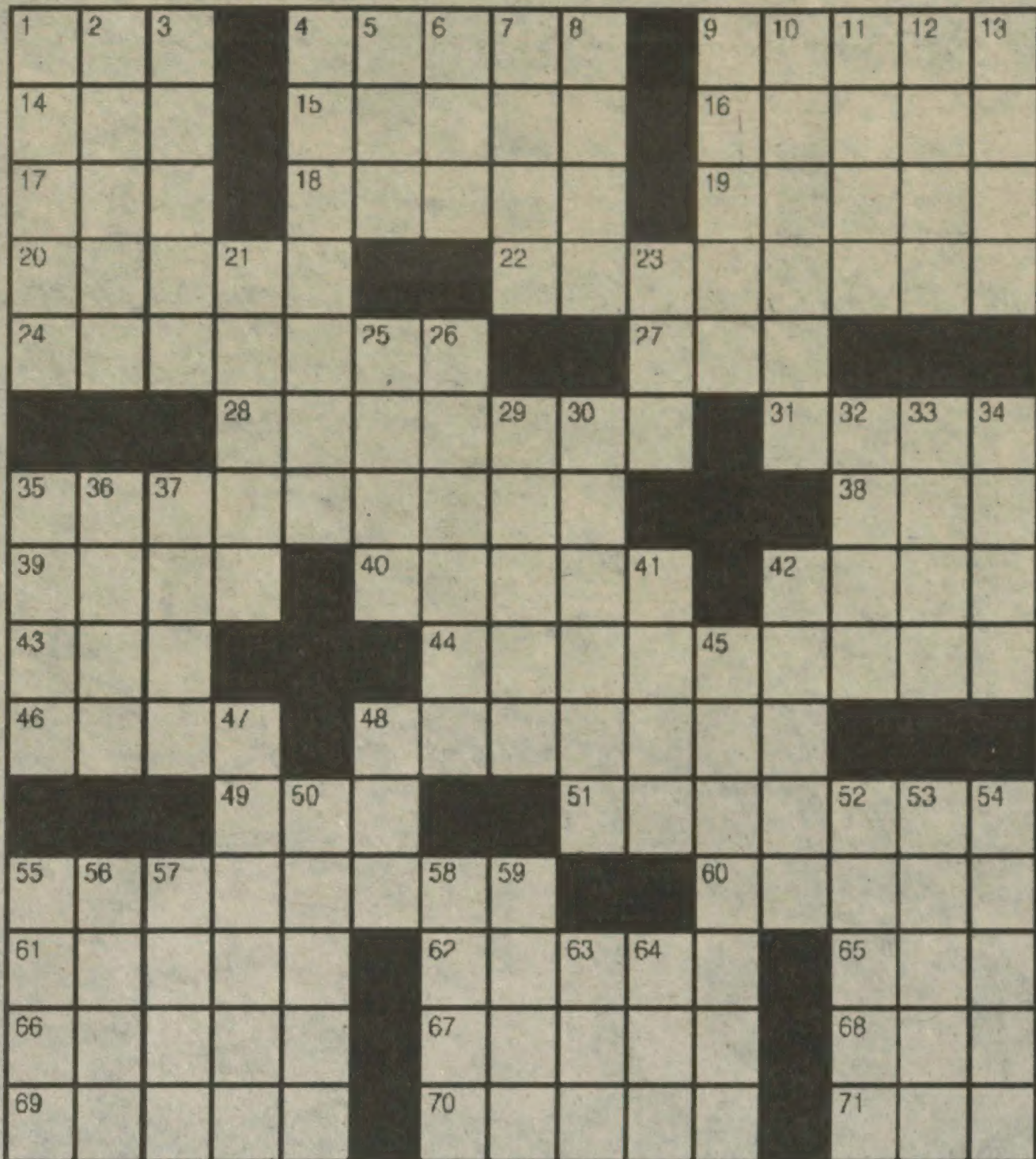
North Dakota's Josh Doyle hit 10 of 11 from the line in the final seconds to pick up the 73-65 win.

UNO is now 10-8 overall, 1-1 in the conference. The Mavs will have a chance for revenge while keeping their seven-game home winning streak alive when they host the Sioux this Thursday at the Sapp Fieldhouse.



Crossword

- ACROSS
- 1 Damp
 - 4 Meat pastes
 - 9 Worried walker
 - 14 I.D. info
 - 15 Tropical creeper
 - 16 Diminish
 - 17 Fury
 - 18 Confess
 - 19 Sots
 - 20 Credo
 - 22 Dead person
 - 24 Represent conventionally
 - 27 Lemon drink
 - 28 Elmore or Justin
 - 31 Painful
 - 35 Floodmark
 - 38 ___ of iniquity
 - 39 Adam Arkin's dad
 - 40 De Mille of dance
 - 42 Repair
 - 43 Nonsense!
 - 44 Olympics stars
 - 46 Aegean and Arabian
 - 48 Highest possible
 - 49 Cigarette drawback
 - 51 Wright and Brewer
 - 55 Committing theft
 - 60 Question aggressively
 - 61 Speechify
 - 62 Philly pro
 - 65 Soho restroom
 - 66 More sagacious
 - 67 Simple melodies
 - 68 Lethal letters
 - 69 Exhausted
 - 70 Snaillike mollusks
 - 71 Willing word



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1/9/06

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- 10 Bears
- 11 Sugar source
- 12 Winchester's rival
- 13 Take ten
- 21 Actress Barkin
- 23 Two-timer
- 25 Author of "Nana"
- 26 Puzzle
- 29 Add
- 30 Double-check text
- 32 Lofty poems
- 33 Become a lessee
- 34 Wraps up
- 35 "Star"
- 36 Burn ointment
- 37 Casual farewell
- 41 Identical
- 42 Bannister or Coe
- 45 Gifts bestowed
- 47 New York island
- 48 Med. scan
- 50 Standing ready
- 52 Like choked deltas
- 53 Without help
- 54 One-armed bandits
- 55 Plants
- 56 Causes to stumble
- 57 Relaxation
- 58 Jersey cagers
- 59 France of old
- 63 Bearded antelope
- 64 Support piece

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FOR ITEMS LOST AT UNO
Contact Campus Security, EAB 100, 554-2648. Turned-in items can be claimed by a description and proper identification.

Advertising for items lost or found on the UNO campus will be published free in the Gateway for two weeks. Forms are available at the Office located in Milo Bail 1st Floor.

HELP WANTED

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DEFENSE LAWYER Call the Law Office of Timothy Watts for your Criminal defense needs. 402-345-0244

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